

LIVING MORE LIFE

TECHNIQUES AND TEACHINGS FOR LIVING MORE LIFE

BY DON MORTIMER



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DEDICATED TO ALL WHO DREAM
OF
A BETTER LIFE

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IMPORTANT:

To get the full benefit from this book, use it in conjunction with and as instructed in “The EFTfree Manual” and “The Living More Life Workbook.”

A copy of the Workbook is attached to the back of this book. A copy of The EFTfree Manual and the Workbook are available as Free PDF downloads at...

www.livingmorelife.com

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The alternative healing information presented in this book is not to be construed as medical advice. I am not and do not claim to be a qualified medical practitioner. EFT is still in an Experimental stage of development and whilst my personal experience has demonstrated a very high rate of success in relieving negative emotional intensity, the results of EFT, cannot be guaranteed in every case since there are numerous factors that influence its effectiveness.

As with any alternative health modality, if you have health problems, are on medication or if you feel there is any other reason that the work described in this book could be deleterious to your health, I recommend that you seek the advice of a qualified health professional before trying EFT. This includes any of the recommended techniques and following advice in this book and by doing so you agree to take full and complete responsibility for your own health and wellbeing. My interest in this work as a lay person is simply to help others solely from a spiritual and personal growth perspective.

Note: In so much as I have endeavored to hold true to teachings of Gary Craig and EFT, reference to the benefits of EFT in this book are my own and not necessarily those of Gary Craig.

Living More Life

Introduction

Your destiny is not predetermined nor etched in stone. It is not predictable or inevitable. It is not governed by fate or providence. Your life is in your hands and you determine the life you are living now and the life you will live in the future. It took me a long time to figure this out:- a long time for me to finally understand how and why my life is as it is and a long time to finally understand that my life is not at the mercy of something or someone else.

For 50 years I lived much like anyone else in society, growing up and experiencing all the trials and tribulations of life as we all do. Then something happened. It wasn't dramatic or sudden. It was merely a comment from a conversation I was listening to, and from that moment on, changes began in my life and continue to develop. Before that point in time, where I came from and my experiences were of no consequence to anyone but from what I have learned since there are lessons there that will greatly benefit other people.

You will learn later in this book that where you have come from and your experiences as you journey through life determine where you are now and where you can expect to be in the future. Understanding this is the key to Living More Life and why there are periodical references to my life in the book.

The beginning of my journey...

As I write this, it's about 10 years since I went into a long period of depression. Many things instigated it, and there is no need to go into detail.

This time is a blur in my memory, but it was a defining moment in my life and was a time that would be the catalyst to changes that took me from a place of deep unhappiness to one of joy, wealth and abundance.

At the time I was desperate, frustrated and constantly seeking answers. I thought I was alone and discarded. I now know this was far from the case and that I was being prepared for a journey that was to turn my life around. I didn't realize it then, but a chance comment at a forum I attended was to begin my journey, the comment was "Quantum Physics." As I had not heard the term before, I began searching for information on the internet. That search led to another and another leading me on a journey to this moment in time.

This is a moment in time when I can pass on to you all that I have learned without you having to find it yourself, thereby dramatically shortening the time needed to implement the lessons you are about to learn. My life is now wonderful; I am an owner-director of a very successful business. I also run an internet marketing business that is on autopilot. My personal life continues to blossom and my wellbeing has improved substantially. How I got here is what you are about to learn. It has taken me a long time to achieve these changes but unlike me you will have the advantage of having immediate access to the tools that took me years to discover.

Follow each process as it is laid out and although you will be tempted to jump to the next level, be patient and enjoy the journey you are about to take. As you will learn this is the very essence of why you are here, why you are on this planet, why you exist in this moment of space and time, you are here to create, learn and grow, and then do it again and again.

Right now if you are wanting to be someone else; accept that you are who you are and be happy with it and smile to yourself as you realize that it is only

temporary and that you have before you a journey that will give you everything you want and the ability to live more life.

About this book.

As I mentioned above, this book is a collection of information from a variety of sources that I learned over many years. It has been my experience that although a great deal of very good information is available from a plethora of sources, there are key elements missing from each.

The purpose of the book is to give you directly access to, elements you need for living more life, *but it will require an open mind*. I will summarize each element with enough information for you to learn the techniques, processes and programs you will need to implement and enough information on how to use the tools you will be given.

All you have to provide is a willingness to learn and a conscious effort to better your life.

Little of what you will learn requires you to spend any more money what-so- ever, but do not believe for a second that everything in life is free. What I am asking from you is something few people are willing to give. That is, I want you to “right now” make a commitment to follow through with the lessons and techniques and actually do something to improve your life.

I suggest you read this book in full, then read it again in conjunction with The EFTfree Manual available at www.livingmorelife.com. Study and practice the techniques. It is going to take you a bit of practice to bring about significant results (although you will see results immediately) but with a little effort and perseverance you will soon be amazed at what you will achieve. This technique will be the most useful tool you have ever used and will give you an advantage through life in every endeavor.

An option is to consider learning with someone who is also interested in “living more life”; together you can work through this program, sharing the experience. There is a saying “The whole is greater than the sum of its parts.” This means that

when two or more people work together on a goal, they dramatically increase the prospect of greater success.

Master the basic techniques before moving on. You don't need to have learned them all perfectly, but it is important to prepare yourself for each phase of your journey. Trying to do it all at once will only overwhelm you with information.

This is a process of learning, growing and then moving on to bigger and better things. It is also important for you to understand that you never stop learning and growing, and you will be able to apply many of the techniques you've learned to all aspects of your life, all through your life.

About "Living More Life"

What kind of life do you want? Make your wishes specific: concrete aspects of the areas of your life you want to improve. What do you want to live more of?' Most people believe that wealth and success would give the means to live more life, but that is relative to each individual; what one may consider as being wealthy could be relative poverty for another. The same is true for success. The key to living more life is to know exactly what it is you want.

If you want financial wealth then it is important you specify *how much* money you're aiming for. You can bet that "a lot of money" to a multi millionaire is far more than for an average Joe, so be specific about exactly what you want.

For success too, you need have that success measureable and clearly specified. People tell you what they want, but it is so global or broad it gives no direction for them to follow. Saying "I want to be rich" means nothing unless you know "how rich, is rich to you." Not knowing these things means you are blindly beginning your journey without really knowing where you want to go. You are blind, and lost.

In this program you are being given a formula for living more life, and you will be able to apply it to any area of your interests. If you are seeking to achieve monetary wealth, then apply it to that. If you want to accomplish greater health, you apply it to that. No matter what area of your life you choose to be successful in all you will need to do is apply the same formula and you will be successful.

We can measure success by setting specific goals. This enables us to know when we've got where we want to go. But that does not mean you stop there and go back to your old ways and habits, resting on your laurels.

You continue to create, learn and grow more and more with new goals, new wants and new challengers and you do this until the day you die.

How successful you are is defined completely by yourself. You must set the benchmark. It must be your goal and how successful you are is defined by whatever benchmark you use.

By this I mean, you cannot live your parents' or your teachers' or your partners' or your coach's life for them. Set your own goals. Use a mentor or someone who you admire for advice, or for an example of achievement as a guide but remember, once your ego gets in the way by comparing yourself as better or worse than someone else, any achievements you have made becomes irrelevant. You have to answer to yourself and no one else and how you do that defines your true success.

Quantum Physics. (A very basic explanation)

In the beginning there was energy... and nothing has changed.

No matter what your beliefs are, the fact is that the universe has secrets that cannot be explained and behaves in a way that is far from haphazard. It was Albert Einstein who said “All this could not happen at random,” and science is now moving more and more towards the conclusion that the universe acts with intelligence and that there is a source to the energy it is made from.

The latest understanding is that the universe is made of Dark Matter, Dark Energy (they don't know what either is), and Sub Atomic Particles in the form of matter and the stuff that fills the void or gaps between matter, i.e., Space

We are Energy!

Sub atomic particles are not particles as such, but small bits of energy we perceive as solid objects, that is *the matter* we see in our universe and everyday life. Albert Einstein's formula, $e = mc^2$ tells us that e (energy) = m (mass) \times c (speed of light) squared. This shows us that all mass equals energy. Not just the sun or the gassy bits or the oil or uranium. ALL MASS = ENERGY. It shows that everything in the universe, the galaxies, stars, planets, moons, gasses AND US is energy. We are like packets of energy; we are not made up of energy, “we are energy” (there is enough energy in the human body to power a small city for two weeks).

These sub atomic particles don't just sit there in mass to form matter. They vibrate and flux in and out of the object in waves, creating and re-creating in a dance that is connected directly to the changes in observation. They seem to have intelligence and travel without hindrance through time and space. They exist in the past, present and future and their reactions with each other create everything in the universe, including you.

They do not judge what is right or wrong and will form whatever you ask for, but will provide you with warnings and lessons to guide you along your path if that is what is required. Of course, it is up to you whether you accept this or not and change your wants to reflex the messages being given to you.

This is called Free Will

How many times have you used your ego and gone against what you know is the right course for whatever reason, only to eventually find it was a mistake? How many times have you trusted your intuition and it proved to be correct? The universe, the source, God, or whatever name or understanding you have for this wondrous phenomenon, is constantly looking after us, giving us the means and the tools to deal with all that life throws at us and providing us with the resources to have whatever we want. All we have to do is to see this and recognize what it is trying to tell us through the lessons and messages that constantly filter into our lives.

Everything that can exist, already does

It is said that everything that can exist, already does and that it is by our observation of it (through thought) that creates it in our experience. To give you an example, take Thomas Edison who conducted thousands of experiments to invent a practical incandescent light globe. Using the law of attraction and by focusing on the end result he wanted Edison knew all he had to do was persevere and he would eventually find the right formula and invent the light globe. The light globe always existed as a possibility but only became reality when Edison finally observed it after thousands of experiments. He knew by the laws of attraction that he would eventually achieve his goal. Why it did it take several thousand experiments? This could have a lot to do with his thought processes at the time. It could have been his ego, his doubts or his limiting beliefs, but one thing is certain, he eventually achieved his goal and the light globe became reality as soon as he finally observed the globe as it is. This happened, when he finally was vibrating at the same frequency as his goal.

As we focus with thought, observe or believe in what we want, the sub atomic particles that make up everything in the universe including space begin to work together and create it in our reality.

What we want always exists as a possibility, and the job of these particles is to give it to us. They will bend over backwards to accommodate us with whatever it is we want. It wants to give you what you want; as a matter of fact that is its purpose.

Forces far beyond our comprehension come into play and synchronizations of events begin to move into place that will bring about the circumstances to give us everything we want.

Recapping what we have learned so far...

We have learned above that “everything that can exist, already does”. It is only a matter of creating the situation where it can be observed for it to become a reality in our experience. Us having what we want, or being who we want to be, is the same. It already exists as a possibility but it is not in our experience until we observe or vibrate in the same frequency or, believe it to be so. Once we observe it by believing it to be so (our faith) and give it our focus the universe begins to form it into our experience.

We start the process with our thought, our focus, and as the buffer of time required to create what we want goes by, it continues to shift into our reality. In order for us to create, we must first give it thought. Thought is like the blueprint the universe uses to create our reality. Therefore, if we want to change our life or get what we want, we have to think or send out thought to the universe so it can create our new reality. It needs a new set of blue prints in order to build us what it is we want.

In summary, everything that can exist already does. That means that the possibilities of your life existing as you would like it to be, already does. It is only a matter of observing your life as you want it to be or vibrating at the same frequency as your goals and the universe, over time, manifests it.

Getting what you really want, whether you want it or not!

We have established that the universe creates and assembles what you want by using your thoughts as the blueprints. The more clear and focused your thoughts the better and quicker it can build to your plan. You draw the blueprints using your positive thoughts as instructions and the universe starts building as soon as pen is put to paper, so to speak. It foresees what you want by drawing on your past and present experiences and begins to assemble it perfectly, based on the messages you are sending in the moment of now.

We all live the past... by that I mean we are living the result of our thoughts, words and actions from our yesterdays, (meaning the many yesterdays of the past). If your thoughts, words and actions yesterday were loving, happy, positive, specific and clear, then that is the life you will lead today. If your thoughts, words and actions yesterday were full of resentment, sadness, guilt, anger, frustration or lack then that is what shapes your life right now. You can't change your yesterday or your today but you can change and create the tomorrow you want, TODAY. More on this later.

Why don't you get what 'you believe' you are asking for?

The universe does not differentiate between the negative or positive energy of thought. If you focus your attention on what you want with clarity, belief and expectancy, you will receive it. If you focus your attention on what you don't want with clarity and belief, you will receive it as well. It is very important you understand this. **Your thoughts, whether positive or negative are used as the instructions (blueprints) to build and/or assemble what you will get.**

There are people who burn up all their energy telling themselves (and anyone who wants to listen) how positive they are. They can prove how positive they are by their list of everything they **don't want**; they have spent years compiling their list and every waking moment focusing their complete and undivided attention on it... and then expect the universe to deliver them the exact opposite!

And because the universe does not differentiate between negative and positive thought, it gives these people exactly what they are focusing on, that is, what they don't want! And as long as they continue to focus on what they don't want, the negatives continue to come to them in abundance.

The importance of your negative thoughts

Your negative thoughts have a very important purpose: they tell you what you don't want and what NOT to focus on. You are here to create, learn and grow. Therefore, if you insist on continuing to focus on the negative aspects of your life the universe will use your negative thoughts to give you the lessons (what you don't want) you need to be taught in order for you to grow, and it will not stop sending you lessons to be learned until you do.

You may be a person going through life totally confused and frustrated as to why you keep getting what you don't want in an ever increasing amount. The universe keeps giving you the same lessons over and over again until you finally learn the lesson being taught. This is how you should look at anything that is unwanted in your life: what focus are you giving it, what lesson are you being taught and what can you learn from it in order for you to grow?

Suppose you stop reading right now, so that you will get nothing more from this program. All you have learned so far is to focus your thoughts on what you want, and to treat all the bad stuff in your life as opportunities to learn lessons. Even this will take you a long way toward a satisfying and fulfilling life.

We have now established that the universe uses positive energy to create what you desire from it: it gets its instructions from you in the form of your focus, belief and expectancy in what you want as your reality. In other words, the more you focus on and believe in the goals you wish to achieve, the greater the chance of it manifesting into your reality and the less time it is likely to take. It needs your positive energy or positive messages (thoughts) so it can do its job and build the perfect life for you.

To Invite - The Law of Attraction

We have also established that the universe does not differentiate between positive and negative thoughts. It will send you whatever you focus your attention on... but what about when nothing happens at all, when life is passing you by, same old, same old thing every day. You are neither growing nor diminishing, life is boring and dull. You are sending out positive thoughts to the universe (or so you think), but nothing ever changes. You are in limbo and you start to get depressed because you are stuck where you are and nothing you do seems to make any difference. You begin to believe that this is your destiny, this is your lot in life and you may as well accept it and try and enjoy what little happiness it offers you...

"Maybe it isn't too bad after all, I will get by, I won't be able to go on that holiday and I may never get that house I've dreamed of or that car... I really wanted that car, bugger!" "Freedom is all I want, what's wrong with that? A bit of financial freedom... that's not asking for too much." "I'm getting tired of doing the same bloody thing every day! I tried all those different programs and they've got me nowhere... all they ever did was cost me money. I'm the most positive thinking loser on the planet!"

Does any of this sound familiar? Certainly does to me.

Here, the focus is on one of lack. The focus may not look like it is on what is not wanted, but it surely is on what we don't have and once again the universe will deliver what is asked for:- lack, or at least a feeling of lack. What is deprivation for one may be a virtual fortune for another. There is always someone who is either better or worse off than ourselves. So, the problem is not your situation, but your assessment of it. By comparing yourself to others, you are measuring yourself using your ego rather than your feelings.

You create your life through feelings of acceptance, not through either disappointment or gloating superiority. You are who you are. Although your life is not as you would like it to be, you have the power and ability to change it merely by changing your attitude to it.

Are you fighting a particular area of your life? Stop and reassess. Remember, you are the creator of your life, it doesn't happen outside of you. You have created the aspect that you are fighting, so it's like fighting yourself. It's no use blaming anyone else, if you want to know who is responsible then look in the mirror. As a matter of fact, your life is a reflection of you, it is a mirror of what you want whether you are aware of it or not. So stop beating yourself up! Once you are aware of this, you can now target these particular aspects of your life with the tools I am going to give you. Then change them to what you want. Be aware and look at today as the first day of the rest of your life. It begins now.

We all live in the past

We are all living the past, that's right, the past. Yet "Now" is all that exists. As a matter of fact, time is an illusion, it is not a continuous line coming from an infinite past into an infinite future. It is millions upon millions moments of "NOW". Now is all that exists, now, then now, then now, over and over again. What creates your now, was your intentions and attentions you gave the moment of now in the past. Do you get that? What you thought, said and did several years ago and what you thought, said and did several minutes ago and everything in between has created your moment of now, right now. That is all there is and that is why you create your life, your universe and why you and only you are responsible for it, no one else. Think a second... what would life be like if this was not the case, if everything happened by chance? It would be chaos, total chaos!

Being aware of this gives you the opportunity to change your tomorrow, today. All you have to do is to change your thinking process into one of *deliberate creation* and your future, your destiny will change accordingly. Your future moments of now will be a reflection of what you are thinking now, and now, and now and on and on and on. It never stops!

The universe is gathering information from every moment of now and using it to create your future, both in the short term and the long term. It is giving you what you are asking for, so if you are getting what you don't want then stop asking for it and if you are getting what you want continue to be grateful. Gratitude is the message the universe uses to know that you are happy with what it has given you.

It wants to give you more and will continue to do so as long as you are grateful and appreciative of what you have already received. Take a moment to be grateful everyday.

You must ASK for it

This is the work, this is how it happens. This is how you make it happen! For thousands of years, the great philosophers have told us this and now with the discovery of sub-atomic particles, we have a bit of an idea how it is done, how the universe creates itself and everything in it. Having this knowledge gives you power, power to be whoever you want to be, have whatever you want to have, and experience love, the most powerful energy in the universe, in abundance. And the source of all this wonder? Well, some call the source God. It matters little what name you give the source as the source loves you unconditionally. The source wants to give you abundance, wants you to be happy, wants you to experience love, all you have to do is ask... Ask and you shall receive!

How do we know if we are sending out positive or negative energy?

Everything in the universe exists at a vibrational level:- the chair you are sitting on, the house or apartment you reside in, your vehicle, your body and your thoughts. Positive energy vibrates at a higher frequency than negative energy. It is the “feel good” energy that gives us joy and happiness. You can’t be in a negative state while you are happy, no matter how brief that moment of happiness is. It is impossible. On the other hand, you cannot be in a positive state of being when you are sad. It also is impossible.

Use your feelings as your indicator. When you feel good you are sending out positive energy. When you feel rotten or bad you are sending out negative energy. It’s as simple as that!

Our feelings are the indicators to knowing what we want. We can use them to guide us, to give us direction. If the thought of something you want feels good it means you are going with the flow of life and it feels like it is the natural course for you to take. There should be no resistance from your feelings to take that road. It doesn’t mean “if it feels good, do it” I am not talking about thrills and risks or lust and power; they are ego.

The feelings you tap into are the feelings you get from love, the feelings that give you true happiness, the feelings you get from loving who you are, who you really are. If your thoughts cause you to feel rotten or unhappy, then they are the indicators that tell you the road not to take.

You were not meant to be like that, so learn from your feelings and change your focus to what you want and what makes you feel good deep down inside.

Your Inbuilt Guidance System

Use negative feelings as indicators only. That is their purpose. That is their sole purpose. We need negative feeling, thoughts and emotions to compare with. Without them, we would have no idea what is good for us or what is not good for us. Without focusing on them, welcome your negative emotions and feelings into your life for what they are. They are your guide through life. They direct you down the right path by telling you which track **not to take**. Your positive emotions and feelings are your guide through life as well. They direct you down the path that is right for you; right for you, not anyone else.

You have at your disposal a built-in guidance system that constantly steers you down the river of life. All you have to do is tap into it, be aware of it then use it, and I promise you, you will never make a wrong turn, you will never be fighting against the current, never struggling with indecision or procrastination. Trust yourself and your feelings!

Your feeling and emotion are not the only guidance system at your disposal. As we discussed earlier, all matter in the universe including our body is energy, it's all made of the same stuff. It vibrates at different levels to give the illusion of difference but the bottom line is, we and everything in the universe is one, not are one... "is one."

We are all energy and the source is God. We are a spirit having a bodily experience, not a body having a spiritual experience. When we leave this earthly experience, our spirit, who we really are, continues and has another experience. The spirit that is us constantly talks to us through our conscious, our sub-conscious, and our super-sub-conscious levels or states of being.

Once again we can use our feelings to tap into this resource; we tap into our spirit with our intuition, our intuitiveness.

We all have intuition and you can learn how to tap into it more and more simply by trusting yourself, trusting the feeling you get about something, trusting your gut feelings. It could be a business deal. It could be a friend of your child you don't trust but don't know why. It could be that there is something about a person that doesn't feel quite right or it could be that whatever it is, just feels right.

Your intuition gives you messages all the time. It is an integral part of your mind (not your brain, your mind) either warning you or giving you confidence depending on the situation. Learn to trust your intuition and to act on it. It will take practice and you may get it wrong occasionally but with persistence it will never fail you and the more you act on it the stronger the messages you will get.

If you act on something and it proves to be a wrong decision, ask yourself truly and honestly how much influence your ego had in making that decision, you will find that your ego will get in the way every time you allow it to.

How your ego gets in the way

Let me explain the way your ego gets in the way through an example.

You've been looking for a way to increase your cash flow. You search the web for opportunities and finally you open an email that is sent to you anonymously. *(By the mere fact that you were looking on the web for an opportunity you will start to receive what you are asking for, opportunities. Whether they are good or bad is not the point. Someone somewhere is sending out to you the information you are seeking and by the law of attraction, you receive it)*

You open the email, go to the site and it looks legit and the deal looks great! Matter of fact, it is such a good deal you start to fantasize about what you are going to do with the money. "How easy is this!" you say to yourself. But there is a nagging feeling at the back of your mind telling you to be cautious. It sounds "fishy" but you say... "Hey it's not much money to spend, I'll test it out and invest a small amount."

And you do and sure enough the goods arrive in record time and again you say to yourself. “How good is this! I’m upping the ante,” and you lash out so you can clean up.

The nagging feeling is still there, but this time you ignore it altogether; it is just yourself being weak and overcautious. You spend up big and wait impatiently for the goods to arrive. Quite some time goes by, so you send them an email. They always answered your emails before but this time they are ignoring you. You start to worry. You check out the site more thoroughly.

The goods are coming from some guy with an unpronounceable name somewhere deep inside China and you have sent your money by Western Union and have no chance of getting it back. You email them again and again and still no one answers and eventually, the site along with your money and the money of thousands just like you, disappears into cyber space.

Your intuition based on your experiences throughout your life warned you time and time again to be cautious, to tap into that “fishy feeling” as further warnings, but your ego through your greed got in the way and it cost you (me) big-time. Yes, this happened to me and it was a hard lesson to learn. I didn’t listen to my intuition. It was almost banging me on the head but I wanted that red hot deal, so I ignored it and paid the price. Listen to your feeling, trust yourself, and never trust your ego.

I have done this more than once in my life, the first time costing me many, many thousands of dollars yet still I didn’t learn or listen to my intuition telling me to be cautious. I didn’t learn my lesson. It doesn’t mean you should never take a chance, it just means you should only take a chance on what feels right and not allow your ego, greed or fear rule your decisions.

To Receive - The Law of Allowing

In order to get what we want we must allow it into our existence before it can become our reality. Many cry out for change for a better life, and do what's necessary to achieve it. Then, as it nears, they reject it. The most common reason they reject what they have asked for is fear, fear of commitment, fear of change, fear of ridicule, fear of disapproval, fear of criticism, fear of moving away from their comfort zone etc. etc. They want change in their life but, "fear rules" and they continue to be unhappy, often all their life. They make excuse after excuse why, what they have asked for is not for them. "The economy is down." "I can't afford it." "There is too much competition." "I'm not good enough." "I don't know enough." "I have to stay for the kids sake." "I'm too busy." "My mother will never approve." "Oh my God, what if I fail?" I could go on and on with the excuses we all use to stop ourselves from receiving the wants we ask for everyday.

It's all about you!

The greatest critic we face everyday is the one we look at in the mirror every morning. The greatest restrictions on us are the ones that we put on ourselves. We do this over time by using *the writing on the walls of our mind*. This writing's, are written by all we meet from the first day we were born. Your parents begin the process and in most cases they are the greatest influence. To a large degree, it is your parents who determine how successful or how unsuccessful you will be, how happy or unhappy you will be, how stable or unstable you will be. Your parents write on your walls big time, and this is closely followed by your siblings, teachers and friends. By the time you are 14, most of your character will be already determined by this writing on your walls. This is the reason why, most people fail, no matter how much money, time and effort, no matter how many self-help and personal development books and wealth creation programs you study, and no matter what you put into trying to change that predetermination. Rather sobering, isn't it?

But this is what makes this program different from any other!

YOU are your greatest hindrance or advantage. The writing on your walls, your core beliefs, are the greatest reasons for this. The writing on your walls is the reason for the doubts, excuses and fears and also your positive states of mind that either help or hinder you. They make up who you are and they have been put there by your parents, your grandparents and all their parents back through time and the parents and grandparents etc, of all the people you meet back through time. If your parents are or were positive, encouraging, rarely critical, understanding, patient and compassionate, you probably wouldn't be reading this book. Unfortunately, that is rare. It is usually a mixture of both the positive and the negative as was the case for me.

My father was a successful business man and generally encouraged us all to be successful, but my mother had come from a very poor background. The father figure in her life was her brother, as her father had died when she was very young and her mother spent most of her time as a washer lady in the working town of Coventry in the UK. Living through the economic depression, my mother was brought up to wear poverty as a badge, something almost to be proud of. "Going without" was character building and wanting anything was materialistic and something to be treated with disdain. She saw this as a "value" we should aspire to, a value that would help build our character into being better people.

Can you see why it took me fifty years to change from that indoctrination, how difficult it is to "break the mold" because of the writing on my walls? I know I would still be struggling with the writing on my walls if it wasn't for that chance comment in the forum I was listening to in 2002.

By the way, because I was asking for change, that topic was sent to me by the law of attraction. It was deliberate. It didn't happen by chance just as the same forces in the universe have sent this book to you. This is pretty profound stuff; that comment changed my life, a life I had been fighting with for 50 years. I was just coming out of depression. I was very close to being an alcoholic. I was unhappy and frustrated. Worst of all, I blamed myself and everyone else for my plight.

If you looked at all I had, including my family and my relationships, you would have to wonder why. After all I had, in all intents and purposes, a good life, yet I didn't like my life and most of all, I didn't like myself.

IMPORTANT:

Although there are variations in the context you have learned so far in this book, most of it, up to this point, is in almost all other self help, personal development and wealth creation books and programs. However, most of what comes next, is either missing, in those same self help books and programs or glossed over. Basically, this is because they don't know how to rid people of limiting beliefs. Yet "limiting beliefs" are the greatest and most prevalent reason "why" people fail to live the life they desire, no matter how much money and/or effort they devote to it.

No matter how many books you read, programs you complete or tapes you listen to, you will only get little or no real improvement in your life. Nothing will change unless you change the limiting beliefs you have about being you. It may seem to change for a brief period, but soon it will return to as it was.

You must address this issue!

I cannot emphasize this enough. You stop yourself from living more life! You stop yourself from being successful! You stop you from being happy! Get it out of your head that anything or anyone else is responsible, it is only YOU!

But, this is what this book is about. It is about addressing that very issue. The wise men and women and the masters of self help and self improvement will give you tremendously valuable information, and I will direct you to some of the best in Steps 2 & 3 later in this book and at www.livingmorelife.com but unless you conquer this one issue, it will all mean nothing.

Conquering limiting beliefs has to come from the inside. They are on-the-inside, so that is where they must be eliminated. By "on-the-inside," I mean inside your mind and your body. You will learn how and why these limiting beliefs have been impregnated into you, and why they are so hard to remove... until now. You will be given a technique that will not only remove them but, in almost all cases, remove them permanently!

Let us begin...

Limiting Beliefs - The Writing on The Walls of Your Mind

You are the product of your parents (and their parents etc.) and/or the life experiences you had as child and “the writing on the walls of your mind” from these sources determines, to a great extent, who you will be throughout your life.. But, as I said previously, we are about to change that.

The people who influence our early years write many of our qualities on our walls. We are not about to change their messages. Rather, we'll change the limiting core beliefs that restrict you from achieving your true potential, from Living More Life. These limiting beliefs are the big stopper that lurks either at the forefront of our thinking or sit undetected at the back of our mind. They are the tail-enders that pop-up when you set goals or make decisions. They are the nagging doubts you have about yourself or are the source of the self-statements you say about yourself. You could have heard them regularly from one of your parents, or a friend or you categorized yourself and they became your belief e.g., “I’m so forgetful.” “I can’t remember a thing.” “I always sleep through the alarm.” “My child is always naughty.” “I hate my boss.” “I hate my job.” “I hate my life.” “I’m stuck in this job.” etc. etc. The writing on your walls become your beliefs, and as we learnt earlier the messages you send, negative or positive, is what you get.

The Big Stoppers!

They are the same stoppers that obstruct people from making changes they know would make them happier... “I’m hopeless.” “I like my food too much.” “Me! give up smoking! I’d be a mess if had to go without a smoke.” “If I left him I’ll be on my own.” “It’ll never happen to me.” “The boss doesn’t know I exist.” We all have them to varying degrees and how much influence they have on us is usually a reflection on the life we lead. If you have been brought up in a working class family with “working class ideals” then there is a good chance that is what you will be. If you have been brought up in a white collar family with “white collar” ideals then there is a good chance that is what you will be.

There is no criticism or judgment here; I am trying to make a point. Your background has a huge influence on who you become and so did the behavior,

core beliefs and limiting beliefs of your parents and their parents and the people you met during your early years.

Values... do they help us or hinder us?

All these people “wrote on your walls” with sayings and statements that still influence you such as “You should be satisfied with what you’ve got.” “You’ve got to work hard to make a living.” “Money is the root of all evil.” “Life wasn’t meant to be easy.” etc. etc. Even values that were only relevant to your parents (or their parents) during their day were passed down to you and written on the walls of your mind. My mother saw the want of possessions as a detriment, as being materialistic, as unsavory. This was a value to her and was the writing on her walls put there by her brother to protect her from wanting, what he knew (or thought he knew) she could never have during her childhood. His intention was to help her to be proud of who she was and never be ashamed of her roots. This worked well for my mother because she grew up in poverty in Coventry during the depression, but is a far cry from being brought up in a middle class family in Melbourne, Australia during the boom of the 50s and 60s. It served my mother well but stopped me many times from achieving my full potential. My father on the other hand encouraged us to be leaders, to forge a career, to better ourselves. He also wrote on my walls with statements that to him “Made you a man” statements like “You have to work hard to make a living.” “You’ve got to get your hands dirty,” and other statements like “You won’t get anywhere if you don’t try hard enough.”

So here I am an adult trying to make my mark, raise a family, buy a house etc. etc. These are the things you are either doing or will do one day and I have all this writing on my walls to deal with... “I’ve got to live up to dad’s expectations but if I want to get anywhere I’ve got to work hard and only with my hands. Remember though, money doesn’t grow on trees and it’s not right to make too much money or want things, that’s materialistic, I have to learn to go without! What’s the point anyway? I probably don’t try hard enough so I may as well give up now.”

Confusion...Confusion..Confusion!

Can you see the conflict? The writing on my walls was high-jacking all my attempts to better myself. I love my parents dearly, and I know that they were doing the best they could and only had my interests at heart, but some of what was relevant to them and their parents during their upbringing did not apply to the circumstances of my upbringing. To a large degree it was responsible for the thinking process I had toward trying to make my life better.

Not until many years later did I become aware of this and in some regard it contributed to me going into depression during my late 40s. If I had known early and had available to me the tools I am about to give you, who knows how much more I would have achieved back then. And this is what you are about to learn; why this is life changing stuff. If you apply the techniques to where they are needed, if you follow the instructions and are persistent, you will find changes begin to happen in all areas of your life. You will be calmer, more in control, have less physical and mental pain, your mind will be clearer, you will have less conflict within yourself and in your relationships. You will see opportunities and more and more opportunities will come your way, and you are going to begin to see results immediately.

If you are serious about making your life better, about making changes, about reaching your true potential then take this seriously. It turned my life around even after 50 years of restrictions being embedded into my psyche. It doesn't matter how set in your ways you are, or how hopeless or stuck you feel right now. If you apply the technique as instructed and persist, you will see real progress and you will remove any limiting beliefs, restrictions and anything that's holding you back.

Have a think about what is written on your walls. You will be surprised with what will come up.

In the following pages I have complied a three step formula. If you follow it you will gain freedom from any negative emotions and limiting beliefs that restrict you from experiencing the fullness of life. Living More Life is an ongoing endeavor, it never stops. Embrace it and it will be yours!

Step 1. Eliminate Limiting Beliefs - EFT

To me EFT is the most important development of modern times, and when you see what it can do for you I'm sure you will feel the same. The basics of EFT have been around for thousands of years, but by simplifying, what was at the time a cumbersome and difficult process, Gary Craig, the founder of EFT, made available to the masses a simple to use technique that gives astonishing results when applied to specific negative emotional issues.

EFT is short for "Emotional Freedom Technique." This accurately describes the results you get when applied. That is, when the *technique* is applied you will get *emotional freedom* from whatever specific issue you apply it to, and the results are usually permanent.

The best way to describe EFT is... "It's like emotional acupuncture, without needles." Over five thousand years ago the Chinese discovered the human body had channels of energy, which they referred to as meridians, running through it. They also discovered that by applying needles to certain meridian points, patients would get relief and or cure from many different ailments. Note: Acupuncture is now a recognized form of treatment and most Multinational Health Insurance Companies now cover acupuncture in their policies. I'm not a student of acupuncture and have never experienced it.

The Discovery

In the late eighties, a Doctor by the name of Roger Callaghan made a chance discovery while treating a woman named Mary for her fear of water. This fear was so severe that it prevented her from doing even the simplest task. He had been working with her for over a year including dealing with a stomachache ailment that went along with her fear. He had been studying acupuncture and knew that the point for relief from a stomachache was below the eye. Having no needles he decided to use his fingers to tap on the point, mimicking the use of needle. To his amazement, once he tapped on this point only a few times Mary cried out for him to stop and told him she was cured. "Cured of what?" he asked in surprise.

“When you were tapping on me I was thinking about my fear of water, and now it’s gone,” she said and with that she ran downstairs to the pool at the back of the property and enthusiastically began splashing water into her face.

The doctor ran after her, worried at what she was going to do. He knew she couldn’t swim and was concerned for her safety. “You know you can’t swim,” he said to her. “Oh no, I wouldn’t jump in (this is important) but my fear of water is totally gone, I know not to go in because I’d drown but I have no fear of getting wet, I’m finally free of this!” she replied.

I don’t know what caused Mary to have her fear, but the story goes she’d had it all her life and it went completely away that day and never returned. Roger Callaghan went on to develop this discovery into what is known today as TFT (Thought Field Therapy). Several years into its development, Gary Craig, a Stanford Engineer, paid a very large amount of money to Doctor Callaghan to learn the technique. He saw the Doctor’s technique as cumbersome and complicated, and being an engineer he dramatically simplified it and developed what is now known today as EFT. Even though he simplified it, he still got results. More and more simplifications have been developed since and still results are being obtained, and as the technique and delivery have been refined, greater and greater results have been obtained. It has been applied to an increasing variety of problems and issues.

Try it on everything!

Today EFT is among the fastest growing healing techniques in the world. It is being used by healing practitioners from all modalities, conventional, medical, psychological, and natural therapies just to name a few. It is not obtrusive or invasive. It is simple to learn and just about anyone can apply it on themselves for any issue or problem, and get almost instant results. It can be used for physical pain relief, stress relief, fears and phobias, anxiety, depression, serious diseases including cancer. As a matter of fact, Gary’s motto is “You can try it on everything.” One of its greatest strengths is that *the same physical technique* is applied no matter what the problem. The only variation is changes in the delivery depending on the issues being addressed. However, these issues are for qualified practitioners and don’t concern us here.

What we will concern ourselves with here is the fact that one of the most successful applications of EFT is for the removal, elimination and total eradication of limiting beliefs, i.e. the negative writing on the walls of your mind.

Before we go on there, let's look at a brief explanation how it works. For more detailed information and FREE Downloads with instructions on how to apply and use EFT, click on "The EFTfree Manual" link in the resources page at <http://www.livingmorelife.com>

You can get more information including access to a massive data base of examples of EFT at work and DVDs showing how to apply it to many various issues etc. at www.eftuniverse.com

After you have downloaded and studied the free EFT Instructional Manual begin by trying it on small issues you may have, or try it on someone willing to give it a go. For your information: You will be instructed in two versions of EFT, The Long Version and the Short Version. It is important you learn and practice both, but it is my experience that the Short Version will suffice in most instances.

IMPORTANT: Make sure you read the "disclaimer" and understand the meaning of "don't go where you don't belong."

*In the following pages you will be encouraged to build a list of issues for yourself to work on with EFT. Do not start working on your list with EFT until it has been completed and only as instructed at the end of this section. If at any time while you are working on your list with EFT you feel you are accessing memories that are very stressful or upsetting, **cease and seek professional advice!** Do not try and "brave it." EFT can be applied without any discomfort but requires experience and delivery by a professional practitioner.*

Gary Craig, the founder of EFT, recently retired and very generously 'gifted' EFT to the world. Gary would often say "We are on the ground floor of a healing high-rise" and you may well see other EFT-based techniques and many are worthy alternatives. This is the original and the one technique all the others must follow.

EFT is built on the following discovery statement...

"The cause of all negative emotions is a disruption in the body's energy system."

When we have a traumatic event in our life, a car accident for instance, the memory of that event can cause a disruption in the body's energy system every time we remember that event (this can happen at the sub-conscious level without us being aware of it). It is like we are reliving the event every time we remember it. This can be in the form of a shiver or a sickly feeling in the stomach or it could be more severe with an anxiety attack or even collapse. The discovery statement tells us that when we have the memory, there is a disruption in the body's energy system or a "zzzzt" so to speak, which then causes the negative emotion, the sickly feelings etc. When we use EFT to balance the body's energy system, the "zzzzt" is eliminated. The body's energy system is balanced and the energy flows freely and the negative emotions, the sickly feelings go with it. In most cases this change is permanent.

Now let's look at Mary's water phobia. As I mentioned I don't know what caused her problem, but it had been with her all her life and I am surmising it was something to do with a traumatic childhood event. This event caused a disruption in her body's energy and this caused the negative emotion, the fear of water. This fear was connected physically with her stomach condition (as is often the case). When Doctor Callahan tapped on her stomach meridian, this balanced her body's energy system, which in turn eliminated her fear and the stomachache. No "zzzzt" means no negative emotion, and in this case no more physical problems associated with it. And it took seconds.

Now, let's say Mary had always wanted to be a surf lifeguard (apparently she did go on to be involved in water sports), but her phobia had held her back from achieving her dream. This is a limiting belief, yes it was a severe real problem for her but still there were no physical or prevailing issues other than "her fear" that stopped her from becoming a lifeguard. But, once that fear was gone it no longer had any control over her, and now she was able to do whatever she wanted as far as water was concerned. Can you imagine how liberating that would have been for her?

Your limiting beliefs are exactly the same. They may not be as severe, but the process for eliminating them out of your life is the same as for Mary. Once you are free of your limiting beliefs, you can do whatever they have been holding you

back from. Does that energize you, as it should? Being rid of your limiting beliefs gives you freedom, it is liberating; it's like taking a monkey off your back and setting you free.

To identify your limiting beliefs finish the following sentences...

I'm ...	E.g. I'm afraid of...
I am	E.g. I am a loser at...
I hate...	E.g. I hate my job, because...
I don't ...	E.g. I don't have the qualifications to...
I can't ...	E.g. I can't stand him/her because...
I lack ...	E.g. I lack the ability to...
I am too ...	E.g. I am too fat/skinny/ugly/shy
I..... too much	E.g. I like my food to much
I don't have	E.g. I don't have the will power to...

Write them all down and don't miss any. Group them into categories based on the subject matter. For example, if they are about your physical appearance you then group them into that category, if they are about relationships group them in that category.

Now rate each one from 0 to 10, "10" being the highest level of intensity that specific issue has for you and "0" being no intensity at all. For example, if you really hate your weight condition and it causes you great stress, then that is getting up to a "10".

If the sentence structure above doesn't suit the limiting belief you have about yourself, then write down a sentence that does. You should get about 50 to 100. Do this now while you have it in mind. You may be surprised just what comes out and you may be surprised at how many there are.

Detailed explanations on “the body’s energy system” (the “zzzzzt) are in The EFTfree Manual at www.livingmorelife.com

When you have finished, go over it again and add any more that come to mind no matter how little the intensity. Stop and do it now, as I will be referring to the list as we go along. If you are doing it on paper, use a different sheet for every category as we will be adding to them as we go along.

You don’t listen do you? I said “STOP and do it NOW!”

A little joke there, sorry I couldn’t help myself. But think about that sentence. “You don’t listen do you?” Imagine if that was said to you every day of your life by a parent or guardian. Slowly over time you would believe it, so that it would become part of who you are and it could even affect your hearing. You could become convinced you don’t listen so why bother trying. If you are told something often enough, especially by someone who has a great influence over you it becomes your truth. In most cases the parent or guardian is attempting to help you, but in that attempt they could be programming in limiting beliefs that will last a lifetime.

We do this to ourselves as well. We convince ourselves of our faults, and those faults become our reality. How often have you thought someone had an opinion of you that you believed, only to find that was not the case and they didn’t think of you as you thought. You categorized yourself based on your opinion of yourself, not what was true. But get this, if you continued to do that even though it is not the case, it will become the case. It will eventually become the truth. You will become who you think you are merely by the fact of this belief.

Let’s look at someone who suffered the breakup of a relationship and as a result starts to believe it is caused by some inner fault. This is part of the “blame game” in the bust-up.

For example, a woman might yell, “You’re so damn quiet I can’t get a decent conversation out of you,” and he starts to believe the problem is his fault. It may be he is the quiet type, but that doesn’t mean that there is something wrong with him. However, he’ll now see it as a fault. He will now believe that no one will like

them because he is too quite. “She won’t like me because I’m too quiet.” “She won’t want me because I’d be no fun to be with, I’m too quiet”.

Unless people face their demons, they will be convinced that there is something wrong with them and act accordingly all through their life. The belief becomes reality and they become withdrawn and everyone sees them as that. They become who they think they are.

I’m using extremes to emphasize an important point.

You are who you think you are. Who you think you are has come from the beliefs generated by your experience as a child. These include the “truths” (as above) you believe about yourself from your experiences in the ensuing years since.

We are born with a clean slate and from that moment forward we are at the mercy of the environment we create i.e., what we let influence us from the environment we live in. All through our lives we are given both positive and negative messages about ourselves. The “truths” we take on board about ourselves determine who we believe we are, and what we believe we can be.

You can’t be someone else. You are who you are. You’re stuck with that. But what you can change is the “truths” you hold about yourself that limit or restrict you from being “who” you want to be. And that is what EFT does and that is why this program is different from all others.

I don’t care whether you get Tony Robbins as a personal mentor, or study and apply the teachings of every self-help, personal development and wealth creation program on the market; you won’t achieve your goals if you have deep seated negative beliefs within you. If you don’t believe it’s possible, then it won’t be.

Building our list... Our opinions of others

We form opinions of people as soon as we meet them. Our first opinion may be based on how they look or how they greet you or they could be preconceived and based on someone else's experiences or opinions of them. Usually these opinions will change over time as we get to know them more and more.

You see relationships falling apart every day. Many fail because either one or both parties have changed their opinion of the other. Overtime, two people once in love and totally tolerant of each other come to change their opinion of their partner to one of hate and loathing. Why is that?

Most times this starts from a little dissatisfaction about a small point or habit or whatever, and over time this grows into full-blown loathing. The original issue is now huge and the blame game starts. It's not that either partner has necessarily changed; they are the same person but by persistent focus on what is "now wrong" with the other, what was once tolerable is now intolerable. And eventually, every time they focus their attention on the faults of the other person, the disruption in their body's energy system gets more and more intense. This leads to the greater and greater the negative emotion, the loathing.

And just like limiting beliefs, you can change your opinion of someone by balancing the body's energy system with EFT. People do grow apart, and that's the nature of things. They go in different directions and love fades, but to use blame, hate or loathing as the vehicle to end a relationship serves no purpose and is both destructive emotionally and physically for all concerned including the innocent.

So, include in your list any negative emotions you have about other people and list them in the appropriate categories and rate their intensity. Be specific and list what in your opinion is, the faults of everyone you can think of.

Fear - Cause and Effect

The basis of just about all negative emotions is fear. As a matter of fact, there are few negative emotion that isn't, fear driven. It is the fear of what we are focusing on that causes a disruption of the body's energy system. This gives us the negative emotion. Fear was a major part of our forefathers' survival mechanism, but today that fear comes from a multitude of sources.

We have looked at fear through focusing within. A second source is from situations that are out of our control. Sometimes we are influenced by forces not under our power, yet. "You are the creator of your life and nothing happens outside of you."

We could get into arguments about that statement, especially when you are faced with disaster, but that would take us off track. From time to time we face disasters that seem to be out of our control or not of our doing, and they can cause a blanket of fear throughout the community. For example, as I write this book, the world financial system is in meltdown and the stock market is being driven by fear, with people falling over themselves trying to bail out of investments in an attempt to salvage their life savings. Observing this from a distance, you can see how the very rich get richer by creating fear in investors then swooping on them when they sell at low rates. It's a game that has all our lives on a string and is being manipulated by only a few. If anything is to come out of this mess, I certainly hope those people are made accountable yet somehow I doubt it.

Fear spreads like a virus

Getting back on track, when blind fear hits a community, it's like an aggressive cancer. It travels unabated and feeds on itself and anything in its way. It has no conscience and common sense goes out the window along with sanity. The decision making processes become blindsided by panic and in extreme cases anarchy sets in. This is our survival mechanism kicking in, big-time. We may not have a saber tooth tiger on our ginger but we see our life as being under threat and we will do anything to survive.

This is fear in the extreme, but with the global meltdown being a prospect to affect everyone in every community around the planet this fear, this feeling of helplessness, desperation and anger is going to be present to some degree. If you are affected in this way, if you feel helpless and fear for your safety and the safety of your family, EFT can be a very helpful tool to use to ease your anxiety.

Fear is a negative emotion, which causes a disruption in the body's energy system. By balancing the body's energy system with EFT we can diminish and you will be able to make rational decisions that are in your best interest.

If you are having panic attacks or sudden bouts of anxiety, use EFT to calm yourself down. Tap on the specific feelings you are going through i.e. 'This dizziness', 'this nausea', but if you do not get any relief, seek professional advice.

(All through this section I am assuming here that you have downloaded and studied The EFTfree Manual available at www.livingmorelife.com)

Anger, Anxiety, Guilt, Frustration and Phobias

All these negative emotions are based on fear. For example, when we are angry we have the fear of being attacked and react by attacking back. Anxiety is fear of the unknown and although it can be baseless, it is real to the sufferer. Guilt is a fear of being found out. A fear of what others will think of you if they knew what you have done. It too can be baseless and even just an over exaggeration of the facts or it could come from a serious mistake. It is very destructive and can chew you up and lead to extreme unhappiness. Frustration is a fear of not being in control and is very common in today's society. We feel we are being manipulated by forces out of our control and react with indecision, procrastination, anger and violence. A phobia is an unexplainable fear about something that is imagined and once again very real to the sufferer.

There is one common characteristic among these fears:- A total focus on what is wrong rather than what is right. It is looking at the world from a negative point of view and seeing fault in it. It is blaming something or someone else for the feelings (fear) being experienced.

Many will say that these fears are real and based on fact and to an extent they are right, but they are only real to the sufferer and often they will do everything in their power to make sure everyone else knows about it.

Accepting that it is you who has brought about these feelings is the first step in eliminating them. Your attitude is what keeps you in this state. You feel you are a victim and by your focus you become one. Believe long enough that you are a victim and I promise you, you will make this come true.

Once you accept that these feelings are of your own making, you can start the healing process (even if you don't absolutely believe this, be willing to accept it as a possibility). EFT is the perfect tool to bring about massive changes in your attitude toward these fears.

Think of times any of these fears were intense:- a bitter argument, a time of anxiety, a time you lost control, the source of your guilt and add them to your list. Phobias may have connections to a childhood experience, rack your brain and see what comes up.

Remember: If any of these memories are too stressful, STOP and seek professional help. Do not try to "brave it." If they are affecting you badly then there are deep-seated problems that need to be addressed and this book is not designed for that purpose.

Control of these fears is very liberating. As a matter of fact, once treated with EFT there is no need to control anything as there is no "take" on the fear anymore. You will find that you just don't get angry or frustrated. You'll feel free from your anxiety and phobia, you will accept your mistakes, learn and move on from them and the feelings of guilt. This is the very reason Gary called it Emotional Freedom Technique. You are free from your emotional constraints and ready to Live More Life.

Don't give up if at the beginning of your self-healing you don't get the results you desire. Like everything in life it will require persistence, but the reward for that persistence is immense.

Performance

Our performance as a person is judged from the moment we are born. It begins with our response to the stimuli from our parents as they gauge our performance based on expected levels e.g. when we take our first step or say our first word.

As we journey through life there is a constant expectation placed upon us as we reach certain stages in life and we are constantly tested and judged to see if we are keeping up with what is seen as “the norm” for that particular stage or age. Some people progress rapidly, others slowly, with most somewhere in between and it is from this data “the norm” is established.

However, there are many things that influence performance. It starts from our parents in the examples they gave and the pressure they brought to bear. It’s continued by our siblings, friends, teachers and the people we meet through life.

Some parents have little interest in their child’s progress and the child is left to find their own way. Some parents have preconceived expectations and will judge and pressure their child based on these fixed ideas, and other parents will encourage their child to just do their best. (If you have ever been involved in junior sport you will see all these expectations on display and more)

As we mature we write our own expectations on the walls of our mind and then place them upon ourselves. We begin to set our own benchmark and will judge and pressure ourselves based on all the influences we have experienced or are experiencing. Others may apply demands on you based on their expectation but it is up to you whether you allow those demands to pressure you or not. In other words, you allow you to “feel” that pressure or not.

How often do you see a student, who is facing enormous pressure from their parents to perform academically, buckle under that pressure? How often do you see a sports person struggle with “poor form” because of their own and external pressure to perform? You see it in the workplace, socially, in relationships and even in the bedroom. People allowing either external pressure or their own expectations to influence their performance, either positively or negatively.

We are constantly under pressure, in one form or another to perform and we are constantly being judged by others and ourselves based on that performance. It is our response to that judgment and how it makes us “feel” that, to a large degree influences our happiness level throughout our life.

This feeling of underperformance (from others being critical of us or us of ourselves) can lead to feeling of being sorry for ones-self and can, in extreme cases lead to depression. We often try to deflect this feeling by directing it back at the perpetrators and we will blame them for the injustices being done to us. We become victims to their judgment.

No matter how right you are to blame others for your plight or how you are justified in claiming you are a victim, it is your response to it that influences how bad it makes you feel. In other words you allow yourself to feel bad, or not.

Some people handle criticism well and will see it as constructive. Others let it destroy their confidence or fester into resentment. Criticisms are, to all intents and purposes judgments of your performance and it is up to you how much you allow them to affect you.

We are seeing more and more people seeking compensation for how they feel. It’s frightening to see this practice is being allowed to continue unabated, to grow so rapidly and that so many judgments are being made in favor of “the victim.” Sure, there are cases where compensation is justified, but it is has got to the point where this craving for compensation by a few is destroying the quality of life of many. What most are saying is “I feel bad therefore it must be your fault.”

You make you feel bad or you allow someone else’s opinion or criticism of you to influence how you feel. It can’t be any other way. To give you an example, there is a story of a Jewish guy who was incarcerated in a Nazis death camp for several years during World War 2. He observed that all those who accepted their plight as being hopeless and that they will eventually die, always did. He, on the other hand held onto the belief that no matter how badly he was treated or how much they tried to take away from him any hope of freedom he saw himself as eventually being free, and so he did. He survived while almost all others perished.

This is a lesson for all of us. How you feel is up to you and you can accept or not accept the opinions of others or allow or not allow the criticism of others to affect how you feel and as we have seen, influence the outcome. Set yourself goals and go after them with as much endeavor as you can muster but let them be your goals and no others and accept the results as a means to show you how you can improve. That is what results are. They are the gauge you use to show you where you are at so you can learn and improve no matter what the venture.

We all get upset occasionally and we all can be affected by criticism of our performance (even if that criticism comes from within) but also, we have the choice whether we allow it to continue to affect us deeply, or not. Learn from it and move forward or dismiss it completely. If it is not constructive or is meant to harm it is often a reflection of the doer's opinion of themselves or a way to deflect attention away from them and their own insecurities.

Act as if

A technique you can use to help improve your performance is to “act as if” it is already a fact. By this I mean you “feel the feeling” as if what you want to achieve has been accomplished. You feel the feeling of making that perfect shot. Kicking that goal. Getting those test marks. Being in that relationship. Getting that promotion. Having that money. Feel it as if it is yours and so it is. Your subconscious cannot distinguish between what is real and what is not, it can only feel it, therefore “by acting as if” your subconscious believes you have whatever it is you want.

As we discussed in previous chapters, everything that can exist already does therefore, you performing as you want to perform already exists as well. This is why it is said “you can be, do or have whatever you want.” By “acting as if” and feeling the feeling of having it, you have it, therefore the universe will send you the means for it to manifest into your reality.

EFT is a perfect tool to use to eliminate any limiting beliefs you have about being all you can be. Use the workbook to list any performance issues you have and work on them with EFT until they reach zero.

Stress and Pain

The word “stress” has now become one of the most commonly used words in the English language. It is used to describe any area of concern we have in our life. We will always have stress in one form or another and life would be pretty boring if we had none. It can come from total euphoria or total despair and anywhere in between. It is the measure we use to know what state we are in.

These days, it’s been mainly categorized as being on the side of despair, but it is across both spectrums. Euphoria can be very stressful and can have the same side effects as despair, getting married for instance.

Each of us are individuals and deal with stress differently. What is stressful for one person can be a piece of cake for another. Some people thrive on stress and others deteriorate in its wake. Like everything in this world, most people deal with stress in varying degrees in between. (We must have extreme opposites in everything so we know ourselves).

The Purpose of Stress

When you are under stress, your body deals with it using the fight or flight mechanism. Your heart rate goes up, blood flows to the major organs and muscles. Glands in the body release hormones as the body prepares itself to take whatever action is required, and it happens in seconds. Trouble is, we get this reaction even in the absence of physical danger.

We react to social stresses with the same bodily mechanisms as to actual life-threatening events. These reactions are part of our survival mechanism, but unlike today, in the distant past they were only used when necessary, when we were under threat.

Modern life on the other hand can and does put people under stress, under threat every day and the survival mechanism kicks in. Modern medicine has found that this fight or flight mode of the body will cause varying degrees of effects, from serious disease to mild headache.

Mostly we know when we are under stress, we get a headache, stiff neck or back pain (There are many indicators to stress. How is your body telling you?).

This is our body's way of telling us "Hey You, what are you doing to me?" and if we don't listen it will tell us with more pain and or sickness until we either listen or it's too late and serious disease is allowed in. Our ability to deal with stress comes from our life experiences and the tools and lessons we have learned along the way. This is why many young people have so much trouble in today's society. More and more stress is placed on them and they haven't got the tools, resources, or life experiences to call upon to deal with them. So, they revert to whatever resources they have at hand and that is usually in the form of anger, violence and/or drugs.

EFT Relieves Stress

Your level of experienced stress depends on your choice, based on past experiences. In other words, the body reacts to a situation with fight or flight mode based on past experiences and this is done by a disruption to the body's energy system. When we are under stress our energy system is getting a "zzzzt" and reacts accordingly. Just as with negative emotions (in a lot of cases stress is a negative emotion) we can use EFT to balance the body's energy system.

This relieves the stress, and because the body learns from its experiences future reactions to that kind of situation may be free of being stressed.

Add to your list any stressful situations you have had or are currently having that is affecting you, and list them in the appropriate categories as you have with the others and rate their intensity. Think hard about what they could be, and be specific. It could be the way someone at work looks at you or a comment that riles you, a habit your partner has that annoys you. Keep filling that list with everything you can think of.

Some issues may have many aspects so start at the most global and work your way in

Example: I hate my husband. (very global)

I hate my husband because he has a pimple on his face

I hate my husband because he has a pimple on his left cheek

I hate my husband because he has a pimple on his left cheek and it looks like a volcano about to erupt! (very specific)

There are many applications EFT can be used for and you can access the EFT data base to get hundreds of examples and case studies for you to use as a guide to help you at: www.livingmorelife.com “EFT Home Page.”

Pain

We all sometimes get aches and pains and in many cases there is an emotional connection to that pain. It's annoying, it's inconvenient. Injury can cause frustration and anger at ourselves or someone else, or both. We can feel helpless or sorry for ourselves. It can cause financial problems, especially if you are a professional sports person or if you lose time off work.

Pain and injury have both major and minor effects on our life depending their severity. It has been found that EFT is very effective at reducing pain and can have astonishing results. I have used it myself to reduce the severity of headaches many times, and have used it on people with chronic back pain with amazing results.

I'll never forget a woman who came to see me with chronic back pain and after only a few minutes of EFT looked totally astonished and said “What did you do?” My first reaction was to think something was wrong and I asked her so. She was silent for a few moments and said again “What did you do?” and shuffled several times in her chair. “This is amazing, my back pain is gone... it's completely gone!” We call this a “one minute wonder” and they do happen quite regularly with EFT.

The accepted wisdom is that all pain has a connection to negative emotions which cause a disruption in the body's energy system. When we use EFT the negative emotion is balanced, the muscles relax and the pain goes. It has also been found that when you treat a physical pain with EFT, any negative emotions connected to it, goes with the pain as well.

The woman with the chronic back pain had been working very hard both at her job and at home. She was part of a family business, but although she worked the same hours as her husband and son, she was expected to do all the housework and cook for them at home as well.

Her back pain was real and due to her excessive work. Yet we used EFT for a few minutes for the pain, and the pain went. We then addressed the emotional issues and “reframed” to help her deal with her lazy husband and son and she left happy and out of pain.

By using EFT, the “push pull” of the muscles in her back were released and the pain went away and the emotional connection went away with it, amazing isn’t it?

Note: When doing EFT we “hone in” on the negative emotion that is causing the disruption in the body’s energy system. A “reframe” is when we install positive affirmations to replace the negative emotions.

OK, by now you have your compiled your list

You have read, studied and tried out EFT on yourself and others for minor issues. If you are on your first read, continue on, but come back and follow the instructions as laid out. This program has been meticulously designed to help you “Live More Life” and hopefully you have made your commitment to help yourself. However, that can only happen if you do something about your fate. Just reading something and meditating on it won’t make a genie bottle drop in your lap.

I’m telling you this forcefully, because many people who purchase programs like this won’t follow through with the instructions and will go on complaining to all and sundry how much their life sucks, no matter how much they pay for it. I want you to make up your mind now. Ask yourself, “How much do I want what I want?” Or if you don’t know what you want, “How much do I want to take that frustration out of my life?” And I’ve said before, the rewards for your persistence are immense.

This program will deliver, but you must deliver first and do the hard yards and they aren’t that hard anyway. If you go through this exercise and complete it as instructed, your life is going to change dramatically, quickly and for the better, and I promise, believe and know this to be so. The ball is in your court.

What to do with your list

If your list is laid out correctly you will have everything in categories and each issue will be rated in intensity from 0 to 10. Use EFT as instructed in the Manual.

Start at the most intense issue (the highest number) in first category. Work your way through each issue until zero, then move on to the next issue.

Once you have completed that category and all the issues for that category are zero, move on to the next.

You may find that as you resolve higher-intensity issues, the lower ones have dropped in intensity before being addressed. This is normal. As you collapse issues, others closely associated to them will collapse as well. There are a number of reasons that cause you not to progress or for the rating of an issue to get stuck on a particular number. In most cases it's because you are being too global as described above. Dig a bit deeper and try different angles.

Often there are many aspects of one issue, and you may have to rate from 0 to 10 each one as they appear. Work on each aspect as it appears, until each gets down to zero. If something comes up that seems to have no connection, run with it anyway. If it comes up, it is my experience there is a connection, however vague.

REMEMBER: If issues or aspects you are working on become increasingly intense, stop and seek professional advice!

There could be unpleasant memories, or you may have to face some things about yourself that you don't like. EFT can bring stuff to the surface that is unpleasant, so be gentle on yourself, forgive yourself and tap it out until it's gone. (Hint: Once you have worked on any issue tap specifically on forgiving yourself completely)

That is what this exercise is all about; forgiving yourself, building your self esteem and ridding you of debilitating limiting beliefs. This could be stuff you have been carrying around all your life; baggage that has weighed you down and caused you to drag your feet. No more! You will feel lighter and freer than you have felt in years. As I've said before "this is liberating stuff" and you deserve to feel free, you deserve joy in your life and you deserve abundance, so forgive yourself and love yourself.

Before you can fix anything in your life you have got to fix yourself first and EFT will do it for you. Get excited about your future, you now have tools that really make a difference. Use them and share them with all those who welcome them.

An EFT Bonus

It has been found that when EFT is used on a specific issue or aspect, the intensity for that particular issue or aspect is eliminated permanently. As an example, if you had a fear of spiders and EFT is used to eliminate all the aspects of that fear, the fear will be totally eliminated, permanently. The only way the fear will come back is if not all its aspects of the fear of spiders were addressed or another if issue has come into play.

Another bonus is that your overall you will become calmer. You will be calm and in control of your emotions even in the most stressful situations. You will be able to handle and calm others and lead them to a better outcome. People will seek your council because they will feel your confidence and control.

We radiate who we really are. We have an energy field that surrounds and radiates out to the entire universe. Our confidence, control and calmness are picked up by all who interact with us. By balancing the “zzzzt” in our body’s energy system, positive energy, the energy everyone responds positive to, radiates out further and further, therefore inviting positive energy back to us.

Not long ago Gary made this bold statement based on current research being undertaken by an independent authority in the USA... *“EFT always works.”*

Think about that statement: “EFT always works.” That’s stepping out there big time, and he wouldn’t say that without data to back him up and you now have it as a tool to take on or deal with anything you want without fear or favor.

Also, Gary has extended to anyone who now hires his EFT DVD sets permission to give away up to 100 copies. This is a very generous offer and shows how committed he is in spreading the wonderful benefits of EFT. The EFT Manual will give you very detailed instructions on how to apply the EFT Technique but in order gain fully from EFT it is preferable you watch the Foundational DVD sets. From the first two sets you will see real life examples of its application and delivery and see for yourself the life changing benefits of EFT. From the DVD set called “The Palace of Possibilities” you will gain a better understanding on how to use EFT to eradicate the doubt, fear and guilt that is embedded in our psyche by the writing on our walls.

You will see how you can rid yourself of all beliefs that limit you from being all you can be. To me this is the best set in the whole series and an invaluable addition in... Living More Life.

Use EFT for yourself and pass it on to others. It is a gift we all can share.

Please Note: Since Gary's retirement he has given access to his DVD's to EFT Universe: a link to the site is available at www.livingmorelife.com "EFT Home Page". At this stage, the DVD's are only available for hire but you are welcome to make copies. Check the site for details.

EFT has grown rapidly throughout the world, and there are many video clips on YouTube demonstrating it. It may seem a bit strange at first and you may wonder how something so simple could work so well, but it has been proven time and time again and is being endorsed by people from all walks of life and some of the most well respected people in the world. If you haven't heard of EFT before and/or are skeptical, that's OK. Keep an open mind and do some research to satisfy your curiosity/skepticism. Dig around on the net and Google EFT. You are going to be blown away by what you find.

Rod Sherwin, an associate of mine, has made EFT instructional video clips and loaded them onto YouTube. A link to them can be found at, www.livingmorelife.com. Navigate to the individual videos by clicking on the "See All" button at the bottom of the Upload panel on the right hand side.

In the next section we will look at "The Pillars to Prosperity". There are six clearly defined areas of your life (The Pillars) and by working on each to raise and bring it into greater synchronization with the rest you can greatly improve your life. EFT is the perfect tool to do this quickly and effectively.

The Pillars To Prosperity

There are six pillars to prosperity

- | | |
|---------------|--------------|
| 1. Emotional | 4. Financial |
| 2. Mental | 5. Physical |
| 3. Relational | 6. Spiritual |

You often hear of the movie star whose private life is in shatters or of the spiritual one whose life is meager. Of the teacher who holds his pants up with string or the successful business man who has it all but is dying from overindulgence. They have neglected to support all the pillars to prosperity and put all their focus only on what they believe to be important and they tinker on the edge of unhappiness. They believe they should be happy, but can't understand why it is that they are so miserable even though they have achieved all they think they wanted.

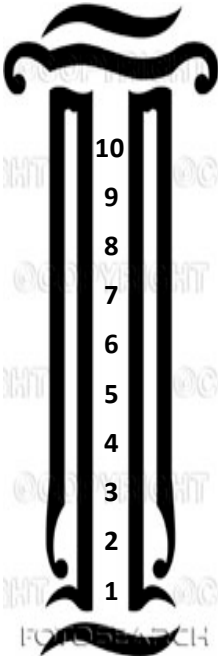
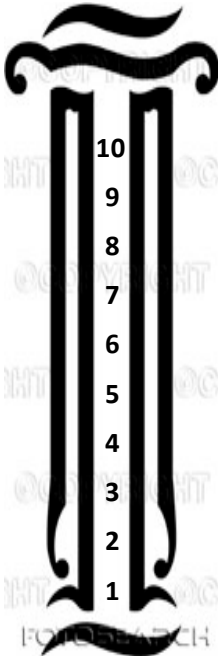
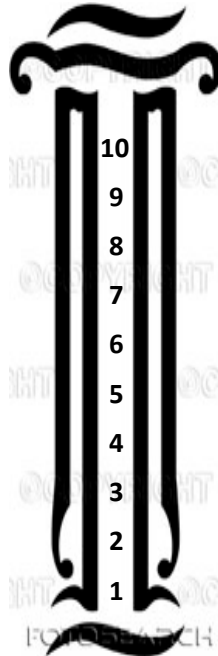
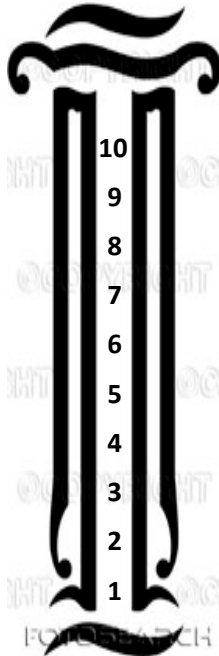
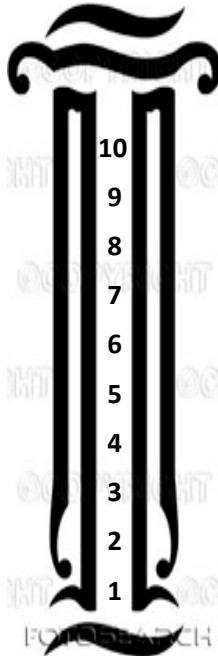
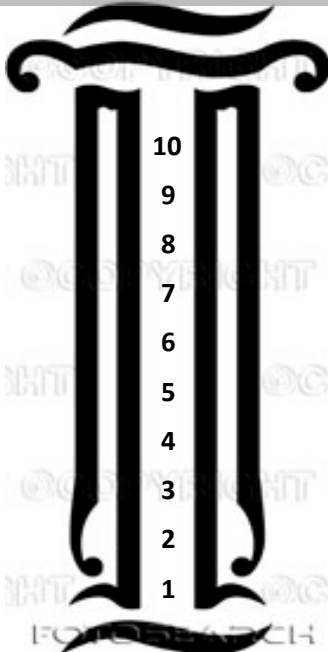
You can never *balance* the pillars, as life will throw us conflicting challenges. An advance in one area of our life can be to the detriment to another area. The key is to recognize this, and to be aware of it and bring it back into synchronization as soon as we can.

We do this by assessing each pillar individually to see where we fit on its scale, and then focusing our attention where it is required. This makes all the pillars stronger and more stable. Each supports the other. From there we can progressively build on each pillar gradually rising higher and higher up the scale and as we do our happiness and success will rise with them.

To determine where you need to focus your attention, rate your pillars from 1 to 10. This will tell you where you are at for each pillar; you probably know already which pillar you need to work on but this can define it in more detail and may highlight just how far you have let an area of your life to deteriorate.

Rate your Pillar according to how you feel now. You may want to have more money and that could be millions on even billions but the first is to judge how you feel now about your current financial situation and the future prospects it holds.

Rate yourself from 1 to 10 for each pillar with 1 being almost no contentment and stability and 10 being the highest level of contentment and stability.

Financial	Relational	Mental	Physical	Spiritual
				
Emotional				
				

In Living More Life we deal with the emotional aspects of your pillars. To learn more about bringing all your pillars into harmony, get hold of the book by James Arthur Ray.

“Harmonic Wealth”

It’s a great book and shows you, in more detail what areas of your life you need to work on and how to go about it.

A link is available at www.livingmorelife.com

We will look at each pillar and give instructions on how you can use EFT to raise its rating. Remember, if an area of your life (your pillar) is particularly low then spend more time on it before moving on.

The Six Pillars

Emotional Pillar

Your emotional state is the central pillar on which you build the rest. It holds the rest up, and as we have discussed above, you must address what effect your emotional state has on your other pillars. It determines the level of your success and how quickly your desires will manifest. Addressing your emotional issues sets you up and puts you in the right frame of mind to tackle the challenges of improving your life, in living more life.

“You are who you think you are,” and how you see yourself or what you think of yourself is fundamental to what you receive. If you believe you are unworthy or believe “good things won’t happen to me,” then these are restrictions you put on yourself and they will restrict the flow of prosperity into your life.

To bring the *real you* to the surface, I have described the most effective tool known to man to deal with your limiting beliefs. So, as you work through the Pillars follow the instructions in the EFT section above until everything on your list hits zero. Review it regularly, because your life changes from day to day, and some issues will resurface or new ones will present themselves. The more you monitor your progress and deal with issues as they appear, the less problems will enter your life. That is one of the most amazing things about EFT, as you free your mind of negative emotions the less anything affects you. You become stronger and people start to admire your resilience and look to you for guidance.

Your perception of what is

We will go through each pillar and highlight the effect your emotional state has on that particular area of your life. Then we’ll cover how you can use EFT to change your perception of what your true potential is.

And that is what your current state is, “a perception.” It is not real in the true sense of the word. For that matter, what is real anyway? What is real for one can be a totally different reality for another. Don’t bog yourself down by thinking that your current circumstances are real and the “truth” of your situation is unequivocal.

Your reality can be tweaked or adjusted purely by changing your thoughts, focus and the state you see yourself in.

Your “state of mind” is a perception. You can be in a sad state of mind or a happy state of mind merely by switching your focus from what is not going well in your life to all that is good in your life. A lot of people perceive their life as totally miserable, and when you ask them to list all the good things they are reluctant to admit that there could be any. They like being miserable, because it gives them attention, so that’s where they focus, on being miserable. Look at the word miserable, “miser”-able a miser is someone who collects and hoards and a person who is miserable is a collector of misery, a collector of unhappiness.

Let your unhappiness go. All it does is give you what you are focusing on: “unhappiness”. You can do this by giving happiness to others. Focus your attention on making other people happy. You will be sending out to the universe that you want happiness, and the universe will respond by sending happiness to you. So laugh a little and make others laugh along with you, smile and people will smile in return. Have you ever noticed that you can smile at a complete stranger and they will smile in return? Try it. Some will see it as strange but most will return the smile because it sends the message “I am of no danger to you and I mean you no harm” or in short, “I like you.”

This whole book is about working on negative emotional issues and limiting beliefs etc. A belief that you are “over emotional” is in fact a limiting belief that will restrict you. Some people will make statements about their emotional state such as “I get very nervous” without even knowing why. To them it is a fact and something they are convinced they have to live with. They may be just repeating what they heard a parent constantly say, and from it they made it their own belief

List any beliefs you have about your emotional state and rate them from ‘0’ to ‘10’ and work on them with EFT.

Financial Pillar

“Your Financial State” (Your financial state of mind)

That is a common phrase used in the financial circles, and isn't it interesting that the word “state” is used. Once again your financial state is a perception by you or whoever is looking after your financial affairs, or both.

If your financial advisor is telling you are in a “bad financial state” and you believe him to be correct, then that is the state you are in. On the other hand if your financial advisor tells you that you are in a great financial state BUT you still see yourself as being “at risk,” then that's the state you are in.

Your ‘state’ is a perception based on the writing on your walls as to what financial state you regard yourself as being in. It may be influenced by what others see your state as being but the bottom line is, it's how you see yourself that is important.

Decide for yourself as to what financial state you *want* to be in. By that I mean, get specific about how much money and what possessions will give you the feeling of being in a great financial state, then see yourself having the money and the possessions you desire. *Feel* what it is like to have this much. Your subconscious cannot differentiate between what is real or what is visualized. Therefore, to all intents and purposes, when you feel you have it, you do, and the universe will give it to you.

Your feelings are the key to obtaining the wealth you desire. They are the indicator of what will be sent to you. If you believe beyond doubt that what you seek and have asked for, will manifest, then it will do so. Sounds too farfetched? Read this quote from the bible...

“Ask God for any right thing without doubt and it will be. Whoever shall say unto this mountain, be thou removed, and be thou cast into the sea, and shall not doubt in the heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith”

I can tell you right now I'm not going to argue with the bible or “The Word of God” so except this as Being Gospel. You can reap the rewards of your faith.

But if you doubt, or have feelings of “lack” or if you feel or believe you are undeserving, unworthy or “it won’t happen to me,” then it won’t. This is called “wealth consciousness.” It’s why the rich are rich and the rest are not! The rich see themselves as rich and don’t see themselves in any other way. The rest see themselves, in varying degrees, as being as they are and only move up the ladder of richness as they see or feel it themselves. Another way of putting it is, “we are as rich as we see ourselves as being.” Even if you have not got the “money in the bank” that in your mind “proves” your richness, the key is to feel you have it anyway.

If someone went through their whole life in a state of richness and in everyone’s opinion they were rich but upon their death it was found they were living day to day. That they didn’t have a penny to their name. Are they any less rich than the state they were in when they were alive?

Your financial state is how you feel it is and get this... *the better your financial state you believe and feel yourself to be in, the better it will become. You cannot be in a state of “have” and get “lack,” and you cannot be in a state of “lack” and expect to “have” what you want. If you are in a state of lack then you will get more lack, if you have “wealth consciousness” then you will get wealth.*

List any emotional barriers you have toward money, wealth or abundance. They maybe from innocent comments from friends, relatives, teachers or your parents. E.g. “money is the root of all evil,” “money doesn’t grow on trees,” or words such as “greedy fat cats.” These words and comments become your truth; they become your limiting beliefs and why either consciously or subconsciously you may never have the financial success you desire.

Think hard and recall anything that could limit the belief that you will be as you desire then use EFT to tap them away until they reach zero.

Be specific as possible i.e. “Even though Uncle Joe said that money is the root of all evil and I believed him and I have squandered away money all my life, just like I did in the Widget business deal, I deeply and completely accept and forgive myself and I forgive Uncle Joe for anything he may have contributed to my limiting belief.” (You can break this up into several components to work on)

Get deep and dirty if you have to. The more specific you get the better the results; remember to measure your progress using the 0 to 10 intensity scale. If other issues or aspects arise, then deal with them using the same technique. Once again be as specific as possible. An example of “another issue or aspect” is the reference to the “Widget business deal” above. That comment indicates there are issues to deal with in relation to a failed business deal and aspects of those issues may need to be addressed separately using EFT as well.

Once you have rid yourself of all your limiting beliefs, you are ready to reprogram yourself to financial success and we will be dealing with that further in the book. In the meantime we will move on the next pillar.

Relational Pillar

“You are who you think you are” and you are to other people what you think you are as well.

As discussed in the section on Quantum Physics, all of us are energy. We are not made of energy, we are energy and that energy is not restricted to everything under the surface of our skin or what we see as being the physical self. Our energy radiates through, around and beyond the physical body and with it all our thoughts and desires. The universe uses these to create our future and our next moment of now. This energy is one with all other energy from one source, God and it is the same as everything else in our experience. This is why we are all connected. What separates us from one another is not the color of our skin or whether we are male or female, it is our awareness of our existence as individual and our ability to experience our own thoughts.

Many religions tell us that God lives through us, dwells within us and that we are made in God’s image. We are all “God Like” in that we are both the source energy and the spirit of God. We are not separate from The Almighty, God doesn’t dwell “out there” in heaven. “God is,” and hell is our resistance to being one with who we really are.

How we see ourselves, our self esteem, radiates out as vibrations. These vibrations send a message and these messages are picked up by everything and everyone in the universe. (that’s right, everything and everyone)

As stated above, everything is the same stuff so everything is one so it knows itself; if this wasn't so the universe would be chaos and we couldn't exist. These messages bring people into your life that will in some way contribute your experience. How they treat you as they pass in and out of your experience will be directly related to your opinion or your belief of yourself.

They are preprogrammed to treat you as you have instructed them to do so. Different people with different opinions or beliefs of themselves will seem to treat you differently but by and large you will be treated as you see yourself to be.

You restrict yourself by your opinion of yourself

The negative 'truths' you have about yourself become your limiting beliefs. The relationships you form with the people you meet are shaped by these beliefs. Think of it this way:- if you believe that there is something about you that limits you from forming the relationship you want with another person, then this is so. If you believe you are 'not good enough' or 'too old' or 'too fat' or 'too quiet' or "you won't take anyone telling you what to do" or whatever restrictions you put on yourself, then this is so. Because that is the message that you are send out to the universe and the message everything and everyone in the universe receives.

Your friends and acquaintances are matched to you as per the messages you send out, and your partner, your soul mate is or will be matched to you as per the messages you sent out as well. You create your own destiny and the people you meet are a direct reflection of how you see yourself to be and how they treat you is a direct reflection of your image of yourself.

That is why the bullies attract victims into their lives and people who are kind attract people who need kindness and why people who believe they are victims, become one. If you focus on what is wrong with your relationship and what you don't want, then that is what you attract. It's why the person who focuses on not wanting a violent relationship always seems to attract one, often repeatedly. A lot of relationships break down for no other reason than one or both parties are giving their attention to what they see as being wrong with the other party.

If you want a happy and loving relationship then focus on what is happy and loving about you and see yourself as you really are “The source energy and image of God.” You are perfect and as you should be, given what your past thoughts and attention have created. If you don’t like what you see, then change the thoughts and give attention to how you want to look. Feel the joy of being that person.

As you move through life, your life experience changes and the people you meet and form relationships with change as well. What once may have been a happy and loving relationship may fade as you go in different directions.

This is the case in some marriages/relationships and needs to be recognized as such with an amicable parting. But once people focus on what is wrong with their partner and the blame game begins, the relationship can end with bitterness and hate. Then often the reason for the “dissatisfaction” in each other gets lost in the emotional turmoil.

Focus on THE GOOD

If you are having problems in a relationship, then focus on what is good about it and what is good about that other person. You cannot think negative thoughts while in a positive state of mind, and as you focus more and more on the goodness of another person, the less and less you see their so called “faults.” Not only that, as this happens you will see a decidedly different reaction from the other person. And just as they reacted to your “disapproval” they will feel your new energy. They will feel the difference and begin to mellow in their opinion of you.

This is the same for any relationship, husband and wife, father and son, mother and daughter, boss and employee, friend or foe. **No matter what the relationship, you directly influence that relationship by your opinion of yourself and your opinion of the other party.**

One of the hardest things for people to understand is that they create their own destiny. That their life is a mirror of their past thoughts, attention, intention and actions and that they have allowed or not allowed everything and everybody into their life that makes them happy and or makes them unhappy.

You allow, have allowed or have not allowed your life partner to manifest into your experience, and if you are unhappy with your partner or you have not yet found your life partner, then ask yourself, what self-talk you are giving your attention to in order for that person to come or not come into your experience.

Let's read that section again...

“You allow, have allowed or have not allowed your life partner to manifest into your experience, and if you are unhappy with your partner or you have not yet found your life partner, then ask yourself, what self-talk you are giving your attention to in order for that person to come or not come into your experience.”

If you believe that there is a barrier of any kind that gets in the way of meeting the man or woman of your dreams, then this is so. If you believe that there is fault in you, if you believe you are “to anything”, then this is so. How you feel is your indicator to what path you should take.

When you look at yourself as having a flaw, you feel rotten. Your feelings are your indicator not to go there, not to give your attention to those thoughts. When you think of yourself as who you want to be, you feel good. Your feelings are your indicator to go there, to focus your attention on who you want to be not who you see yourself as being.

Focus your attention on how you want it to be

If you are in a relationship that is not as you want it to be, then focus your attention on how you want it to be not as you see it as being, and your relationship will change. It will be obvious if you have out grown your relationship. If your relationship is set to blossom, then this will ignite it.

One thing you must remember, you cannot make someone else do what you want them to do or to feel the way you want them to feel, so concentrate on changing your self-perception rather than trying to change the other person.

Separate yourself from them and see yourself in a happy and loving relationship. Learn to love yourself and you will be loved. Learn to like yourself and you will be liked. Convince yourself that you are a good person and or a good catch and be proud that you are the beautiful person you really are.

List any flaws or faults you see in yourself and rate the intensity of a fault from 0 to 10. Then use EFT to bring them to zero. Remember to be specific and work on any aspects that these issues bring up. **If any particular issue or on intense emotional feelings then stop and seek a professional therapist.**

If you are looking for a partner, then list all the qualities you want in that person and feel what it would be like to be with a companion with those qualities. For Example, feel what it would be like to be out to dinner with the smell of food being cooked in the kitchen, the taste of the wine, the smell of their perfume or aftershave, the feel of their touch. Your subconscious cannot distinguish between what is reality and what is being visualized. Therefore, the universe will react and the person you seek (he or she is seeking you) will move closer and closer. Synchronicity will bring that person into your experience as long as you believe and hold on to the thoughts and feel the pleasure of their company. But, just as your focus brings them closer, your doubts and negative thoughts drive them away, so hold the faith and it will be so.

If you are in a relationship that is not as you want it to be list all the flaws and faults you see in that person with the intensity level from 0 to 10 and use EFT to tap them away until zero is achieved.

You will find your “perception” of them will change. What you once saw as being as major issue becomes “so what,” and you’ll find they will begin to change and treat you differently. They will be more receptive to your needs and you to theirs. You begin to accept them for who they are and they return this in kind. This happens everywhere, everyday, people sorting out relationships by just accepting another person for who they are. With EFT, you can do it deliberately and painlessly without having to go through a long reconciliation process.

Once you have rid yourself of all your limiting beliefs, you are ready to reprogram yourself to more successful relationships. We will be deal with that further into the program. In the meantime we will move on to the next pillar.

If you believe the relationship you are in is beyond repair you have 3 choices...

1. Leave.
2. Change it.
3. Accept it.

As you can see, the bottom line is, it is up to you.

Mental Pillar

Your mind and your brain are two different entities. Your “brain” is the mush inside your head. It’s like the hardware of a computer although much more sophisticated. The mechanical workings that make your body function. Your “mind” is like the outer you, your consciousness, your awareness of who you are. It is like the software on a computer.

The programs loaded into your brain establish your thinking patterns and they have been written by all the people you’ve met, the knowledge you have gained and the experiences you’ve had in this and every other life experience. They are the writing on the walls of your mind.

Rubbish in rubbish out

Your mind has an insatiable appetite for knowledge and it needs to be fed regularly. What you feed it is what you will get in return. You’ve heard the saying “you are what you eat.” Well that is the same for your mind. Feed rubbish in, get rubbish out:- feed nourishing information in and you will get beneficial effects and stimulation. And you cannot give it too much. It does get tired, but once rested it will greedily take up any information you want to feed it over and over again, like a sponge.

We are in the age of an information revolution and more and more information is being thrown at us every day. Although our mind absorbs it like a sponge there is so much of it is conflicting, we feel we are in information overload. We shut down because we don’t know what to believe, not because of the amount of available knowledge.

We are constantly bombarded with information that contradicts the writing on our walls, and this sends us into a state of confusion. Our brain shuts down, needing time to reboot. It needs time to free itself of all the crap it’s being fed and so it can prepare itself for another onslaught. It’s at this time that you feel drained and not in control and confused and the “I don’t know what to do” effect takes over. It’s telling you to clear your mind and to focus on what you want.

An obvious example of this is magazines that constantly tell us that being overweight is OK yet are full of beautiful people whose life is “so called” wonderful. Then give the impression that the only way to happiness is to look like them, and women (and men) throughout the country beat themselves up every day trying to be someone they are not because of it. The mind doesn’t know which way to go. It’s in conflict, and you feel rotten and fat. These magazines do this to sell copies by feeding the appetite of every reader that wants to imagine how marvelous it would be to be someone else.

You can’t be someone else. You are who you are and you are perfect. Accept that and focus your attention on who you want to be not as you see yourself as being. Use EFT to crunch all the conflicting information out of your life.

You can satisfy your mind’s insatiable appetite for knowledge and at the same time better your chances of being successful at living more life by reading material such as this book. It’s a double whammy in that it quells your need for mental stimulation and at the same time you learn how to manifest your dreams and desires. Once you start down this track, the more you learn the more you want to learn. And, as long as you have a willingness to learn, the universe will send it to you.

If you want to pinpoint the one area where you see “The Law of Attraction” really working at its best, it is in the thirst for knowledge.

Let’s take this book for instance. It did not appear to you randomly. At some stage you asked for this knowledge and the universe, through synchronicity, sent it to you. This book was always going to be yours even before you asked for it. I know as I sit here and write it that one day you’ll be reading it and it will answer many of your questions and it will have served its purpose in doing so. That’s how the law of attraction works.

As I am writing it, you haven’t even thought of asking for it yet. All the same I know you will. And when you do, it will be provided to you, by the universe... Fantastic isn’t it? Every roll of the dice of life has a purpose and somehow in some way it affects both your life and mine.

Physical Pillar

One of the most curious things about modern society is that even though there are more and more medical cures being developed and discovered, more and more people are getting sick. Our hospitals are overflowing with sick people, surgeries are packed, our doctors are run of their feet and you have to wait, sometimes months to see a specialist. It begs the question... "WHY?"

There are three reasons that stand out and explain this phenomenon, recognizing them they will be of great assistance in dealing with sickness in your life or that of someone close to you.

1. **Stress...** stress is without doubt a modern day epidemic. It affects everyone and we are all touched by it every day. From the house wife to the top model, from the cleaner to the corporate executive, stress can affect you no matter who you are or what you do. Sometimes this leads to instigating a serious condition or disease. Modern society thrives on stress, and it comes to us from every quarter:- work, career, relationships, money, family, etc. etc. We face it constantly and most of the time it is of our own making. It used to be referred to as worry, but that gave the impression it was of our making and take couldn't be so, could it?

Most people fail to understand the point that they are the creator of their own stress. They will blame everything and everybody for their plight, "I hate my boss," "I hate my job," "I can't afford it," "he hates me," "I can't stand it anymore." etc. etc. etc.

Listen to a group of workers moan and groan about their job, and it's always someone else's fault. "The boss expects miracles," "I'm not being paid enough," "They push us too hard," "We deserve more money." etc. etc. Someone or something else is always to blame for the circumstances they believe they are in.

As we discussed earlier, we attract into our experience what we focus our attention on. However, in order for it to manifest we must allow it to come forth. This goes for both what we want and for what we don't want.

If you are part of a group of workers that spends every second bagging your boss and your job, then you will attract a boss you can't stand and a job you hate at every turn. This applies to every part of your life.

If you are under stress (worry), then change your focus. Concentrate on how you want it to be, not how it is, and don't hold conversations with people who want to moan and groan all the time. Get away from them or refuse to be a part of their negativity, because as you are influenced by negativity you are allowing negativity and stress into your life to the point that's all you get.

As you have learnt EFT, is very effective in dealing with stress. Use it to clean up the stress and to deal with stress that permeates into your life. It is my experience that stress will, to some degree, always be present, but it is how you deal with it and how you allow it to affect you that will govern how much effect it will have on you. Positive stress has beneficial effects as it lets you know you are alive; it's the buzz you get when you do something exciting or the feelings of satisfaction of a job well done. It's the feel good stress.

Welcome that stress and enjoy its benefits. It will help you combat any negativity in your life, and you will be happier and healthier.

2. **TREATMENT**...Modern medicine has made leaps and bounds and people are living longer and longer with less and less sickness, yet our hospitals are full to the brim. It's a curious situation. How could it be so? Modern society has an expectation that if you feel sick then run to the doctor and he/she will fix you with a magic pill or potion, and if the doctor doesn't give you something to 'cure' you, you feel short-changed.

We want the drug that will take away the pain, and when the pain goes we feel we must be better. The drug does its job and fixes the symptom, but what about the cause? What caused that problem in the first place?

You may say that the patient is overweight and that caused the illness, why is this person overweight? What is the real cause? What made the body go out of balance and bring about illness?

Being overweight is a result of unhealthy thinking, and illness is a result of being overweight so the core issue here is to find out and deal with why someone thinks unhealthily.

By using this approach coupled with modern day medicine the chances of curing the illness permanently will increase dramatically.

This goes for every illness from the common cold to cancer. When people are ill, the first question one should ask is, *“What is going on in my life and in my thinking that would contribute to the condition I am experiencing?”* It is my fervent belief that in almost all cases you will have an answer to that question, and in almost all cases it will be a negative emotional issue. Illness is your body’s way of telling you that you need to change something about the way you are thinking. It’s telling you, you are “out of whack” so listen! Use your feeling to find what is causing this imbalance, what is sending you out of whack. Your feelings are the indicators to your negative and positive states and if you are feeling unhappy or rotten, then that is the area you must deal with. It is the area that is causing a disruption to your body’s energy system and this disruption is manifesting in your illness.

Gone unchecked, disruptions in the body’s energy system can develop into serious disease. Therefore, this is not something to be taken lightly. If you have an issue that causes you unhappiness or negative feelings, use EFT to deal with it. EFT will release the disruption in your system and your body often responds by ridding itself of the illness.

Your body has at its disposal all the means to cure itself. It wants to be healthy. The sole purpose of every cell of your body is for your benefit and well being, and they will ‘fight tooth and nail’ to fulfill their purpose. By eliminating negative emotions you give them the best possible environment in which to do their job.

- 3. The Writing on Our Walls...**Our physical state has much to do with the “writing on the walls” put there by our upbringing. In other words, if we have been brought up in an environment of health and wellbeing then that, in most cases, is what we seek throughout our life.

On the other hand if we have been brought up in an unhealthy and unwholesome environment then that, in most cases, is what we will become. The average person is a combination of these two extremes and our physical state usually favors one parent or the other.

The same is true for our emotional state. Much of who we are and how we handle life's challenges come from the writing on our walls. Our upbringing and life experiences set us up and give us the tools we need to handle emotional issues. The ability to handle emotional issues varies, because we learn different tools in childhood, and see different examples of how others do it.

We become what we accept, based on the writing on the walls of our mind. It is not done outside of ourselves. If the writing on your walls says "the excessive consumption of alcohol is acceptable," then there is a good chance that you drink excessively. If the writing on your walls says "the excessive consumption of food is acceptable" then there is a good chance you consume food excessively.

If you were brought up in an emotionally highly strung environment, then there is a good chance you are highly strung and as we have discussed above, your level of stress is a major contributor to our physical health. Think back to your upbringing and recognize all the unhealthy physical and emotional problems from that experience that you have taken on and write them down. They are the anchors that hold you in your present state of health, and are the blocks to good health.

Once again, you can use EFT to deal with issues highlighted on your list and make a cognitive shift in your acceptance of what is healthier for you. That is, change your acceptance of what your body and mind know is undesirable. Your body and mind know what is good for it and what is not and will react accordingly to tell you that you are either treating it well, or not. When you treat it well you feel great, you feel tuned in, tapped in, turned on with life and your physical state reflects that. When you treat it badly, you feel terrible and it reacts by giving you sickness. This is a reflection on how you are treating your body and/or your mind.

So, if you are unhealthy listen to your body. It is sending you a message and in most cases you know exactly what you have to change in order to become healthier.

EFT is a fantastic tool you can use to bring about a healthier lifestyle, to rid yourself of unhealthy habits and thinking, and to deal with “withdrawals” from excessiveness of anything. Use it to combat smoking, excessive drinking or overeating and eliminate the emotional contributors to them.

Use it to eliminate blocks to exercise or bad habits that hold you to your favorite TV chair, and use it to combat anxiety, fear, anger and resentment, the real killers in society. Never before has there been a more effective health tool. EFT will literally change the state of your health for the better in all areas of your life.

Spiritual Pillar

You are a spiritual being having a physical experience, not the other way around.

We have gone over these points before but they are worth repeating...

Everything in the universe is made from the same stuff, and the only thing that separates everything from everything else is the vibrational frequency of that stuff. We truly are celestial beings. We are made from the same stuff as the sun, the moon and the stars, but there is one thing that separates us from everything else. This is our awareness of our existence and our ability to create the existence we want.

Because we are made from the same stuff as everything in the universe and because we are aware of our existence there is nothing that exists we cannot have as long as we are aware of it or observe it in our experience. We do this by thinking it into our experience through our desire, belief and expectation, and the actions we take to allow it to manifest.

Do you get that? What you want already exists, all you have to do is to add desire and expectations and then the actions you take allow it to manifest. It already exists but you need actions to create it into your experience, to allow it to be. Your spirit (who you really are) never judges or condemns you.

Your spirit merely allows you to create, learn and grow from your experience and by doing so your spirit experiences the physical.

Your spirit is not a separate form. You are your spirit and your spirit is you. Your spirit is who you really are, the physical you is a temporary state you are experiencing in the moment of now. You will move to the next state when the physical life experience you are having now ends.

Your spirit, your higher self, talks to you every day through your feelings and your intuition. When you are in vibration with your higher self you feel good, you are going with the flow of life and there is no resistance. When you are not in vibration with your higher self you feel rotten, conflict and confusion abound, you are going against the current, fighting and resisting your true path, the right path for you.

You become in vibrational harmony with your higher self by trusting your feelings and intuition. Your feelings and intuition are your direct link with your higher self. By trusting them and accepting them without question the greater your wants will manifest into your physical experience faster and better. Trust yourself! If you are experiencing internal conflict or confusion, be aware that this is a message. Through your feelings your higher self is telling you to let go of your negative emotions, stop going against the current and go with the flow of the river of life.

Use EFT to eliminate all guilt and any anger or resentment attached to it. These emotions are very harmful and will, if not let go, literally destroy your health and your happiness.

By “communicating” with your higher self you can multiply the results and dramatically speed up manifesting what you want into your reality. Your higher self is an extension of you and it exists in a higher vibration, so in order to communicate with it, you need to vibrate at the same frequency. It wants what you want. It wants to experience life through you and will bring you all you desire in order for that to be so. Later in this book we will be setting up lines of communication to your higher self. Don’t go there yet, you are not yet ready but get excited. You are in for an amazing experience.

A Wrap - EFT and The Pillars to Prosperity

The main focus of this book is about giving you the best possible tools and information available to formulate success in life, to live more life. The level of success you will achieve is directly related to your belief in what you can achieve. With EFT you can eliminate any barriers you have in that belief, dramatically increasing the possibility of success, of living more life becoming your reality.

Eliminating your fears and the Pillars to Prosperity into harmony gives you the opportunity to set the bar higher and higher, as your results and belief in yourself builds your confidence and self esteem. Over time you will have fewer and fewer doubts in your ability. You will feel your confidence grow, and as you progress you will increasingly be able to do, have and experience anything you desire. You will have “the courage of your convictions: and you will Live More Life as you become more and unfold more as a person.

Keep your “limiting beliefs list” as a record. Every now and then revisit it to see if anything is resurfacing, and work on it if needed. When looking back at your list, you are going to be amazed that you’d once thought the way you did in the past. You are going to say to yourself, “Did I really once think of myself like that?” You will see how much you have grown. How the “truths” you had about yourself no longer exist. This is very satisfying and something to relish.

As new challenges in life appear, use EFT to address any negativity you have about them. This is an ongoing commitment. Nothing stands in your way now! You really are free to take on anything you desire, just add belief and expectation and take the appropriate actions and it is yours.

I’ve added the following paragraphs to further empathize how deliberating limiting beliefs can be and to show you where they come from. This is an example of how insidious they can be. They can stop what should be a wonderful and enjoyable life from ever being realized. Pay particular attention to the detail and ask yourself if there is anything else hidden away inside you, buried deep on the walls of your mind.

I first came across EFT in 2002 and since then I've studied it, become skilled at it and practiced it as a therapist. In the beginning, I spent an inordinate amount of time applying the exercises, much the same as I have instructed you to do in this book, to clean up my own limiting beliefs. Since then, I have maintained a regular practice of doing EFT on myself as issues have cropped up. As a result, I have been able to make some dramatic changes in my life without much pain, fear or procrastination. I have come a long way. But just like the time before I found EFT, I still had to battle hard every step of the way to bring about the changes necessary for me to move forward.

Even after all the time and effort I'd spent eliminating every limiting belief and issue that came to mind with EFT, I couldn't move forward freely without obstacles continually blocking my progress. It was frustrating, and I began to believe this was the way it was. I began to believe I wasn't as lucky as other successful people and should stop looking for reasons for these blockages and accept things for the way they were... then I remembered something.

From year seven to nine I have no pleasant memories from my secondary schooling. At the catholic college I attended the classes were overcrowded, the discipline was strict, and we were required to spend far too much time "getting God" instead of getting an education. I didn't like it and my report cards reflected that.

My year seven and eight end of year reports were dismal. Consequently, my parents were very disappointed with my efforts and as a result I was severely reprimanded. I wanted out of that school, and I finally got my way at the end of year nine.

Over the three years I was there, Brother Fitzpatrick had been responsible for dishing out the reports that had caused me so much grief at home. He wasn't as physically brutal as some of the other brothers and priests but everyone feared his pen. He never minced his words.

As the end of my time at the college drew near Brother Fitzpatrick took pity on me. He even made an effort, along with my other class mates to see me off. It was one of the only times I can recall where I saw him compassionate, at least towards me.

Little did he know, that in this moment of goodwill, he was about to write on the walls of my mind, a belief, that would have a monumental detrimental effect on me for most of my life.

As I mentioned, my reports had been dismal and I had copped the result of that at home. At the end of year nine nothing much had changed but rather than send me off with a bad report, Brother Fitzpatrick had chosen to write, what was to him, some kind words.

I can't remember them exactly but they went along these lines...

"Don struggled through year nine and his grades reflect his ability to cope with the school curriculum. If he applies himself more to his studies he will achieve better results. He is a battler."

Don't forget I had received nothing but bad reports for three years therefore this report, to me, was like manner from heaven. I was now labeled "a battler" and this gave me an excuse for all my lack of effort. Even my father was easy on me. He accepted I was a battler and lowered his expectations of me. I was a battler and I was happy!

The trouble was my reports had nothing to do with my scholastic ability. I didn't like school because of the reasons above and because my elder brother had convinced me, from an early age that school sucked and to get poor grades was "no big deal". I only wish he could have convinced my father of that as well. In those days a severe reprimand was a lot more than a stern verbal warning. (Note the writings on the walls by an older sibling)

As I matured, I realized I had ability I hadn't tapped into and ended up winning a scholarship at trade school. But the belief I was "a battler" never went away with that realization. It lurked there at the back of my mind, written in indelible ink, forever putting up hurdles for me to battle.

Whether these hurdles were real or not is unimportant. They were real to the extent that they caused me to fight for everything I ever wanted. You can't be a battler if you have nothing to battle, so, the universe gave me what I wanted, a constant battle.

We have discussed at length throughout this book, "you get what you focus on and/or what you believe is real." Just because I didn't have the thought "I was a battler" at the forefront of my mind didn't mean it wasn't what I was focusing on or a belief I didn't hold. It, the belief I was a battler, had got me out of a situation where I would have been punished. It made me happy, because I now had a legitimate excuse for my lack of effort and I was proud of being a battler. It was almost a term of endearment, and at the time I could milk it for all it was worth.

I never realized the importance of this until recently. Never in my wildest dreams did I contemplate that this one comment would have such a profound effect on my life.

I have explained this example in detail so you can see for yourself the real life effect limiting beliefs have on one's future. The ramifications are enormous in terms of what you can or cannot achieve. Of what you will or will not accomplish. We only have one shot at life and we want to make the best of it, and for one small comment to completely stuff it up is enormously significant.

As you can imagine, I worked very hard on that belief with EFT until it was zero. I then installed a reframe that I am now "a winner" and I can honestly tell you the positive effect was instant. I felt a confident surge in me I had never felt before. I feel free, and I know now that everything I want is coming to me without the need for me to battle to get it.

When you do your list, be sure to examine every comment you remember that has written limiting beliefs on the walls of your mind. As we have seen, what may seem be a positive comment at first, can have a long lasting negative effect on your life.

Failure: The Greatest Gift of All

The modern education system is imposing a destructive change on our children by denying them the opportunity to experience mistakes and failure. This is to protect them from feeling upset.

Our purpose is to experience life and we do this by creating and co-creating with our fellow humans. From this we learn and grow. To create is to have an inspiration then inception. We then design and build and learn from the mistakes, the errors, the blunders and the failings along the way. Mankind is constantly growing from the mistakes made in the past, then by learning from these mistakes and making things better.

A lesson we must all learn

To fail is a lesson, a lesson in how “not to do it,” whatever “it” may be. It is telling us to make a correction; to adjust in order to reach our goal. The universe knows exactly how and what we need to do in order to reach our goal, and its guiding us down the right path whenever we wander.

On the flight to the moon, the lunar space craft is “off course” 90% of the time and the computer is constantly correcting the flight path as it wanders. It fails nearly all the way to the moon and back, but because it learns from it’s over adjustments, corrections needed become smaller.

A baby learns how to crawl by failing, by adjusting the effort and so progresses until the little child can move. Every movement leads to improvement and the baby learns to get better and better. The next step is walking, which also leads to falls. Once again adjusting from their failures, until they can walk. And so it is in everything in life. Look at all the great sports men and women. They are constantly practicing, constantly adjusting and correcting where they are failing.

Everything in life is a lesson. All we have to do is learn, then adjust and from that learning experience we expand and become more. We make decisions based on our genes, the life experiences of people who influenced us in childhood, and our own intuition.

If you never failed you would never know the joy of success!

The further you wander off the path, the bigger the correction. If you continue to make the same mistakes over and over again without learning, the universe will send you bigger and bigger lessons to learn. The bigger the mistake, the bigger the correction needed and the bigger will be pain from that correction. Many shy away from the pain of correction, and continue to make the same mistakes. Others fortunately accept their failings, suffer the pain and learn. They are rewarded with greater life, with more life.

How often do we see someone return from the darkest place they could be to eventually find a joyful life? They made grave mistakes, they accepted responsibility and suffered the pain of correction and adjustment. Then they were rewarded with a new life full of joy and love. They experience the joy of failure, the true meaning of success.

If you fail to learn, you learn to fail

Using the baby analogy again, imagine a baby trying to walk for the first time and failing and then saying, "Failed at that, I won't try that again" The result would be they would be crawling around on their belly for the rest of their life. By failing and then adjusting and correcting from these mistakes we learn and grow and then we create, fail, learn and grow again and again and it's what makes life joyful.

The world is no different. We as a race have to learn from our failings, our failings to care for the environment, for our planet and all the plants, animals and life forms we share this planet with.

If we are indifferent, our planet's life support system will decline, and us along with it. We need not fear the lesson, just learn from it and grow. That is all the universe wants us to do. It wants us to grow and expand our knowledge and our life experience and care for all God's creatures and the planet that sustains us.

We suffer pain in order to remember not to repeat what has caused the pain. It is a lesson on *what not to do* for us to learn. If you keep sticking your hand in a fire, it will continue to burn you and life is no different. So many people go through life hell bent on causing themselves pain, and hurt others at the same time.

It is always someone else's fault, someone else's responsibility and so they continue to cause pain because of their ignorance, they can't learn until they accept responsibility.

Even though we may understand and accept that failure is part of life there are times it can cause us great pain and despair. You can take the edge off that pain or the despair with EFT. It helps us to accept what has happened and allows us to move on. Nothing can change what has happened, we can only change what is to happen and so once we accept that, the pain of our failure diminishes.

Our responsibility is to pass on the gift of failure to our children so they understand the great benefits that come from it. By helping them to understand how to use failure to improve, they will exceed far beyond expectations because they won't be held back by disappointment or ridicule. They need to learn that mistakes are not to be condemned as long as you learn from them. We all make them and some are hard to accept, but to spend a lifetime fearful will bring about a joyless life, a mediocre existence and an existence with no prospect of expansion and no prospect of fulfillment.

Remember you are here to create, learn and grow. So, to fail is the greatest gift God has given us so that we may grow. It is a wondrous tool that we can use to bring health, happiness, wealth, abundance and joy. Use the lessons from every failure by adjusting and correcting your thoughts, words and actions and you will have another powerful ingredient in... Living More Life

Step 2. Educate – The Science of Getting Rich

The majority of this book is on the first step in Living More Life, i.e., Eliminating limiting beliefs. The next two steps are just as important, but will have a great deal more influence if you first complete the first step, so only move into these steps when you have completed Step 1.

I won't be spending a great deal of time on these particular steps and recommendations as information is readily available at...

www.livingmorelife.com/

Let us continue...

Knowledge/Information is the key to living more life. The more you know, the more you can draw on, to give you the life you seek. For Example, if you want to be wealthy then the more knowledge you have about creating wealth the better you can achieve your desires.

The secret to living more life is not having the right business or job or living in the right environment or any other external factor, it is “doing things in a certain way” that will give you what you want. It is thinking a certain way, talking in a certain way and acting in a certain way that will almost guarantee you will live the life you want to live. If you want to know HOW to think, talk and act rich then you need to learn HOW to do it.

At www.livingmorelife.com I have listed the best programs and courses I have found. I have in some way or another completed, read and/or studied all of them, and the information they hold is invaluable.

They will give you an unprecedented advantage over your rivals in all aspects of your life, including business and conquests of the heart etc. Do not become overwhelmed by the amount of information listed. As I've stated many times in this book, life is about creating, learning and growing and you will be given by the universe whatever you need in the moment of now as you require it. Be patient and hold on to your commitment to Live More Life, and you will.

You have a right to live life to the fullest!

You have a right to be wealthy. All life wants to become more by growing, and from that “becoming” it unfolds and blossoms. Your life is no different; if you want to grow more, be more, have more, live more, experience more, give more, receive more and unfold more as a person, then you need to be wealthy enough to acquire the things necessary for it to happen. You need money and all it can give for you to experience what life has to offer.

You can't experience and observe other cultures on TV. You can't benefit the poor if you are poor and you can't be all you can be by being impoverished.

You have an obligation to be all you can be!

You have an obligation to be all you can be. Living in a state of wanting, in a state of going without will never fulfill that obligation. You must have the means to fulfill it. I am not talking about the love of money but about the love of life, and the more life you live the closer you get to source of life. God is the source of life and experiences life through you. The more experiences you have and the more life you live, the greater joy it is for the source. It is our ultimate purpose for being here; to experience all that life has to offer in the best way possible.

There is nothing wrong in wanting wealth and abundance. The desire for riches is really the desire for a richer, fuller and more abundant life and that is praiseworthy. If you want to help people then acquire the “means” to help them first! You can do far more for people if you have the financial freedom to give them the fullness of yourself and your time.

Health, wealth and happiness are your right and your obligation. To abuse your health, to squander your wealth and spread your misery is to the detriment of you and to all society. It serves no purpose. To strive for greater health, greater wealth and greater happiness is the pursuit of life and it is for the greater good of all.

Each program and course will take you step by step through a series of sessions that change your whole perception of life into one of unlimited abundance and into a state in which you will receive abundance.

Lack exists in mind alone and is created by your perception of what you believe. The reality is, there is only abundance and from abundance more abundance will flow.

You will have knowledge held by only a few on this entire planet; you will have knowledge that even some the rich don't have. Being rich but unhappy and wretched serves no purpose. You will have knowledge that will not only give you the means to live more life but also guarantee health and happiness as well. You will fulfill your obligation. You will unfold into and become all that you really are. You never stop learning, but this knowledge will take away years of struggle, years of frustration and not only that, it will give you the means to be more. It's in your hands.

As I mentioned there are several programs that will assist you greatly in gaining the means to live more life. Use your intuition to pick the one that is right for you, which feels "just right," and start there. You never stop growing and you never stop learning. Fill your mind with constructive and helpful information rather than destructive and useless information and you will reap the rewards.

Below is an extract from a book The Science of Getting Rich (my favorite program) is based on. This book was written over a hundred years ago, long before the discovery of Sub Atomic Particles. As you read it, think back to the section on Quantum Physics and you will start to get an understanding of the wonder of it all.

"There is a thinking stuff from which all things are made, and which, in its original state, permeates, penetrates, and fills the interspaces of the universe.

A thought in this substance produces the things that are imaged by thought.

You can form things in your thought, and by impressing your thought upon the formless substance, can cause the thing you think about to be created."

Meditation is an ideal way of getting in touch with your spiritual side; it is the medium you use to talk directly to your higher self to solve problems, work cases, review your progress, analyze information, make decisions and program to implement your decisions... and it is your next step in Living More Life.

Step 3. Meditate - The Silva Method

Our brain and mind are like a computer. The brain is like the hardware and operating system that performs all our daily functions:- walking, talking, moving our limbs, and hands etc. It goes about its business without us having to be aware how, or consciously instructing our body to respond to our commands. It also computes all our internal functions:- our breathing, heartbeat, the functioning of our liver, kidneys and intestinal system. It sits in the background monitoring and signaling so everything works in harmony without us having to pay any attention to its function until messaged to do so.

Our mind is like the programs installed into a computer. They are the preinstalled programs like our senses, emotions, imagination, feelings, beliefs & convictions etc.

Our upbringing, the writing on our walls and our life experiences have tweaked and written-over these programs and make us who we are. These programs remain basically unchanged throughout our life unless we deliberately rewrite them. In other words, unless you are prepared to rewrite the programs installed into your mind, they and you will change little, if at all. You and your circumstances will, to all intents and purposes, remain the same as you are and they are right now for the rest of your life.

In the lessons above you have shown how to rid your mind of the limiting beliefs that restrict you from achieving what you want. EFT is like your virus protection program and fire wall and by running it consistently you will eliminate any blocks, limiting beliefs, barriers and guilt etc. that infects and sabotages the rewrite process, but that is not enough!

You need to write and install new programs. With a lot of determination and persistence, you can rewrite these programs but unless you follow the right procedures, it will take you an inordinate amount of time to achieve this goal and the level of success will be diminished.

If you look at anything you desire as being a form of wealth, you need to be “wealth conscious” to receive your desire; wealth consciousness is a state of being. It is the state of being you are in when you receive the wealth you want. Meditation puts you in an Alpha State and links you directly to your sub-conscious mind where wealth consciousness dwells. In the Alpha State you can directly contact your Higher Self. It is your higher self that guides you. It is your consciousness and intuitiveness that whispers into your mind the directions that will take you to your manifestation.

Your direct link to the source of all that is

Your higher self wants to give you whatever you desire, but first you have to setup lines of communication. Meditation is your direct line of communication to your higher self, and therefore your direct link to God. You cannot “talk” to the source “God” at the conscious level, only at the subconscious and/or super-subconscious levels and only through your higher self.

This is called prayer. In the Alpha State, you are in a state of prayer giving you direct open lines of communication through your higher self to the source of all energy, God. The energy of the source is the formless stuff mentioned above and from The Science of Getting Rich. *It is the formless stuff that permeates, penetrates, and fills the interspaces of the universe.*

A Lifetime’s Work

There are many meditation programs and tapes that will put you into a meditative state, but unless you know the right procedures to follow once in that state, all they will give you is a pleasant experience.

The world renowned Silva Method was developed over 29 years by Jose Silva and is a scientifically proven method that, with practice, brings about healthier, wealthier and happier life.

At the same time it sets in motion the manifestation process. It brings about a state of “wealth consciousness” so that you can receive whatever you desire.

The Silva Life System, a Silva Method Program, will show you *how to use your mind in a certain way* and take you through a step by step process that reprograms your subconscious mind into the state of wanting that you desire. In that state you are unhindered, all blocks and limiting beliefs are banished and have no place. You will be free to use your imagination and visualization to conjure up your heart’s desire without restrictions, thereby allowing the manifestation process to work in a perfect environment.

When you have completed the course and practiced the skill you have at your disposal brand new programs that you can call on at any time to solve problems, answer questions and use to get what you want. You will be able to find things, know if a business deal is right for you or not, know if people are genuine or not, and people will be drawn to you by the positive energy that surrounds you. Your intuitiveness will increase, and a sense of knowing and calmness will envelope you.

Experience meditation by downloading the FREE **Silva Centering Exercise**.

This is a fully blown exercise that I still use regularly. It puts you into a wonderful state of being and you will feel for yourself the power and invigorating benefits of The Silva Method.

It is available at: www.livingmorelife.com **“The Silva Life System”**

Consider this extract from MICHAEL GELB’s book.

“How to Think Like Leonardo da Vinci”

“Neuroscientists estimate that your unconscious database outweighs the conscious on an order exceeding ten million to one. This database is the source of your creative potential. In other words, a part of you is much smarter than you are. **The wisest people regularly consult that smartest part. You can, too, by making space for incubation.**”

The Silva Life System Meditation Program will show you how to tap into your full creative potential and the massive database in your subconscious mind!

Our Gift to the World

Our children are our greatest asset and legacy to our future, and how they are prepared by us now will determine the future for them. There is a tendency by young parents today to wrap their children in cotton wool, to protect them from the world at large. Many would argue that this is “the way of the world we live in” and a necessary practice but it does and will cause major drawbacks for our children.

The question must be asked... “Is this being done to protect the child or to make the parent feel better?”

In a group discussion I attended recently a primary school teacher told us of the massive increase in allergies and asthma at her school (a modern school in an affluent suburb) and the softness of the children who are attracting illness at an alarming rate. She expressed her deep concern for the future of these children as she saw them as never having the skills to go forward as an adult and handle life in the real world.

Another point she made was, it was the parents who, to a great extent, encouraged their child’s sickness because “it made their child special” therefore making them feel special. This attitude will cause great division in the future as groups emerge that are prepared for adulthood and those that are not.

There is no need for this. Children are much more resilient than you could ever imagine and will blossom into vibrant and healthy adults as long as they are given the opportunity and the tools to do so. They will fail, and that’s good as it will teach them the right way to do it by showing them the wrong way to do it and they will achieve therefore realizing the joy of success. Some will be great sportsmen and women and some will not and they will have to find their place within their world. How you raise them now and the tools you give them now will determine how easy or difficult that will be.

To mollycoddle and sterilize our children is misguided. It will send them into a world that will eat them up and spit them out and they will have to pay the price for this a grave blunder by their parents.

Your obligation to your children is not to make yourself feel better by restricting them from the joys of play and participation. Allow them to grow, allow them to fail and allow them to achieve.

Give them the freedom to enjoy their childhood along with all its trials and tribulations, and give them the tools they need to flourish. This will prepare them for a life of happiness and joy. If you find yourself battling with your conscience, use EFT to relive your guilt, worry or fear. Forgive yourself for the setbacks that will no-doubt happen, and be confident that you are doing the right thing. Better a child with a bruised and grazed knee than a child who is afraid to live more life.

About Money

Money is the merely the means we use to trade goods and services, it is not evil or disdainful and the saying “Money doesn’t bring happiness” is rubbish. Money can and does help to bring happiness. It is the means we use to spread Gods abundance throughout the world. Look at all the good that comes from money. It feeds the unfortunate and puts shelter over their heads. It provides us with schools, libraries and universities. It gives us infrastructure and transport that saves us time and provides convenience.

Money is good and something that brings a great deal of good into the world, BUT “Money **alone** does not bring happiness”. When material wealth and the accumulation of money is the only focus and when it is the only reason for doing whatever is trying to be achieved, it is indifferent and alone it will bring no happiness or good to anyone.

The Value in Humor

Much of this book has very little humor and looks at life from a relatively serious point of view. It is hard not to treat it any other way, because so many deeply unhappy people are looking desperately for help.

Also, as I have mentioned throughout the book “you are here to create, learn and grow” through lessons being taught. However, that doesn’t mean those lessons have to be harsh. There is much joy to be had from the lessons.

Therefore, although everything explained in this book is vitally important to your growth you shouldn’t take life too seriously. Your life is not supposed to be a series of ordeals and hardships. You are here for a joyful experience and an abundant one, so don’t be too hard on yourself. Treat everything with a sense of humor and enjoy the journey. It’s the only one we will have, so let’s make it the best experience we can possibly have.

Helene Hadsell is a 86 year old Sage (philosopher) and a person I greatly admire. I believe the United States should make her a National Treasure.

She says:

“All you need is three things in life to succeed...

A Wishbone - A Backbone - A Funny Bone.”

Make your wishers big. Strive for happiness and laugh a little, and pass on to others the joy of living more life.

There is a link to Helene Hadsell at www.livingmorelife.com

She is an amazing woman who has proved the power of positive thinking many times over and in the most extraordinary ways.

Summary

If we were to convert this guide for Living More Life (i.e., Success) into a mathematical formula it would be... $S = Z \times Y - X$

i.e. Success (living more life) ‘*S*’ equals, ‘*Z*’ (imagination/vision) multiplied by ‘*Y*’ (awe- inspiring information) minus ‘*X*’ (limiting beliefs)

This is your formula for living more life. It is a proven formula that will bring success into your life. Working backward, you first *eliminate* your limiting beliefs. Then *educate* yourself by boosting your knowledge with awe-inspiring and unique information. Then *meditate* and multiply what you have learned by your imagination and vision of what you want, and success and your ability to live more life is yours for the taking.

In essence, it is simple. All it needs is for you to apply it into your life with the programs recommended, and you will have what you want. There is no other formula anywhere in the world that is so complete by giving you everything needed to bring success, to create wealth, to become more and to unfold as a person. It is unique and it is yours.

You have but one crack at this life. One chance to be all you can be. I’m doing it now and I’m in my fifties and it’s wonderful. You can do it too! I don’t care if you are eighteen or in your eighties, we all have an urge to grow, to be more, to become more and to experience more. Everything that lives strives for more life. That is what life is. Don’t let your life pass you by, take charge, live your life to the fullest, be all you can be, because when you stop... you die.

You have to walk against the crowd! You have to go the other way to everyone else. If you want to be more, you have to take a different direction from the 95% of other people who follow each other down the path of mediocrity and sameness. Dismiss naysayers and doubters, hold your faith, hold your vision, believe and expect what you want as already yours and it will be so.

Study the following points and refer back to the relevant sections to gain a further understanding:-

1. Everything in the universe is energy, it's not made of energy...It is Energy!
2. In order to give us the illusion of difference, energy vibrates at different frequencies
3. We create (and co-create) with our thoughts, articulate it with our words and bring it into being with our actions
4. We identify our wants by our feelings, our intuition and our interests
5. We can use our negative feelings as indicators to tell us what we don't want in order to tell us what we do want
6. We attract what we want and don't want by vibrating at the same frequency of either
7. We use our "feel good feelings" in the form of gratitude and appreciation to become more and more in harmony with the frequency of what we want
8. We evaluate our successes/failures by our results. From this we learn and make the appropriate adjustments and corrections of our thoughts, words and deeds so that we may grow
9. The manifestation of what we want is directly related to the belief and expectation we hold of it becoming reality
10. Limiting beliefs, (the writing on your walls), doubt, fear and guilt are what sabotage the attraction process; they create a discord in the vibration frequency
11. EFT eliminates limiting beliefs, doubt, fear, guilt and frustration
12. Knowledge and information accelerate the manifestation process
13. Doing things "in a certain way" guarantees we will attract the wealth and the success we seek to live more life
14. Meditation puts you into a state of "non resistance" and accelerates and allows the manifestation of what we want to progress without hindrance
15. We use meditation to install new programs and information, answer question, make decisions and implement decisions.
16. Do not take life too seriously and learn to laugh at it. Remember, life is only experienced "now," so make the best of it and enjoy the journey.

You have been given a formula that if followed will without doubt bring you the success you want. If you are reading this sentence you are already on your way to living more life. The formula is made up of three key steps...

- 1. Eliminate - EFT** Its purpose is to purge you of limiting beliefs and prepare you for real and positive changes that are about to flow into your life. It is “the vital ingredient” because no matter how hard you try, if deep down you believe you will not succeed, you won’t. I cannot emphasize this enough! There are literally thousands of experts out there only too willing to relieve you of your money. Much of what they have to say can help you, but ONLY if you BELIEVE it will. That’s the only difference between you and the most successful people on this planet. Their belief in themselves is so great they believe they can achieve anything they desire. YOU CAN TO! But you MUST rid yourself of the limiting beliefs that stop you “dead in the tracks” from making it so.

To get The EFTfree Manual go to...

www.livingmorelife.com “The EFTfree Manual”

- 2. Educate - Information.** Its purpose is to show you HOW to do things “in a certain way” that will bring wealth and abundance into your life. The more wealth and abundance you have, the more you can experience life and the more you can help others. The various books, programs and courses I recommended on my website will give you all the information needed to create all that you desire. With EFT you open up to receiving what you want and with this further information you will be shown HOW to create it.

- 3. Meditate - The Silva Method.** Its purpose is to show how to use your mind “in a certain way” and reprogram with positive reframes and visions that precede the manifestation of what you want. In this environment you are unhindered and unrestricted from outside influences and fully open to the abundance of the universe.

Nearly all the greatest minds and achievers in history have used meditation or a “quiet time” to reflect on what they want. With The Silva Life System you have the most advanced meditation program available “bar none.”

Jose Silva spent a life time developing and lecturing on the astonishing advantages of The Silva Method. Now you have access to the result of his work.

I use meditation everyday and get grumpy when I miss a session. It's my "me-time" and its value to me is immeasurable. It is something no one can take from me and something I do freely without fear or favor. It is one of the most wonderful gifts given to us. I strongly encourage you get into meditation, the benefits are astounding. If you are strapped for cash I also recommend another meditation program at the site, it's called The Meditation Program (that's original) and it too will help you greatly.

For a FREE Meditation Exercise go to...

www.livingmorelife.com **"The Silva Life System"**

In Step 1 all you need to provide is some effort and a willingness to learn other The DVD's are there if you want visual information. In Step 2 & 3 you can get some basic knowledge and advancement from the Free Stuff that these programs offer but if you want the full benefit then you need to purchase the programs and books you are drawn to. If you don't have the money some of the programs do offer payment terms or share the cost and do a joint venture. Remember the quote from the beginning of this book... "The whole is greater than the sum of its parts".

You will be successful. You will be happier. You will be wealthier. You will be more joyful and you will Live More Life and you will unfold as a person but you must be prepared to do something about it. Make a commitment!

I too have dreams of winning the lotto and enjoying the excitement that would come from it, and still regularly buy tickets. But I know that if I just sat back and waited for it to happen; my life would pass me by. There was a time when I thought that winning the lotto was the only answer, the only way I would be rescued. The only way I would escape from a life of drudgery. I lived by *if only* "If only I could win the lotto!" How often do you say, "if only" or something similar to yourself?

Don't let your life pass you by. Take control of it. These are real tools, real techniques and the real knowledge from some of the greatest minds in history and from the book of books, the Bible. God wants you to succeed, The Great Minds of History want you to succeed, I want you to succeed, you want to succeed, it's your right to succeed and it's your obligation to be all you can be and Live More Life.

You can only change your tomorrow today, and that means NOW!

If you are wondering when it is going to get better, then begin to do something about it today. Your tomorrows will begin to change the day you change, the day you make the changes necessary to change tomorrow. It doesn't happen by itself. If you do nothing then don't expect anything. But if you do something, that leads to another and another and another. **You never fail until you STOP.** All you have to do is to continue to do something, and you will get closer to your goal.

I recently read a book written in the early 1950's by Norman Vincent Peale called, *The Power of Positive Thinking*. He was a minister of the church and quoted the Bible many times throughout the book. One of the quotes from his book had me spell bound. It is only a small quote, yet its meaning put into perspective nearly everything in this book, and in many of the books on personal development and self help written throughout history.

It has led me to realize that the Bible is far more than a religious book. It has within its pages wisdom and advice that is just as relevant today as when it was written. Much of the "correct thinking" we are taught that helps improve life comes from the Bible. It is a great resource and a book of great consequence.

The quote is... *"According to your faith, be it unto you"*

At first I didn't know exactly what those words meant, so I Googled it to find the answer. "According to your faith" (According to your core beliefs) "be it unto you" (is what you are going to get). I've spent this entire book trying to explain what the Bible does in one small quote.

"According to faith, be it unto you." It says it all!

Etch these words into your mind as they will determine your future

What limits or extends your path to your goal is your belief in yourself. It has absolutely nothing to do with your present environment or circumstances. Your life now is the result of your past thoughts, words and deeds. If your life it is not as you want it, if you want your life to be better then you must focus your thoughts on what you want. Articulate your wants with your words and follow through with action. Take the initiative today! Begin to change today! NOW! I'm repeating myself here but it is that important. It is the only way it will happen. It can't happen any other way. It is A Law of the Universe!

Conclusion

You can only live more life now. It can't be at any other time. You can't live your tomorrow today, and your yesterday is already done and dusted. Now is all you have. If you want to be happy, then be happy now. Don't wait for something or someone to do it for you. Who knows what tomorrow will bring? Be happy today, now.

Doing the same thing every day but somehow expecting a different result, is a folly. You have to think, say or do something different to bring about the changes you want.

Use the tools given to you in this book to bring about the changes and to help you let go of all your hang-ups and all your frustration, anger, doubt, fear and guilt and live the moment. Know what you want and set your goals, but appreciate and be grateful for your life as it is today.

You brought everything you are experiencing and everything you have into your world, therefore, be thankful for it. If you don't like any part of your life you have three choices...

1. You Change it
2. You Remove Yourself from it
3. You Accept it

Make up your mind what you want. You created it therefore it's up to you to do something about it. Start with acceptance.

You influence your world in more ways than you can ever imagine!

Your thoughts shape your world; even the littlest things in your life are affected by your attitude toward them and this can include inert objects such as your house and belonging. If you show no care for anything in your life, it will wither and die, if you are indifferent, it will stagnate and decline but if you care, better still "show that you care" it will blossom and flourish.

Neglect your car for long enough it will begin to breakdown. Neglect your house and it will fall into ruin. Neglect your employment and your finances and you will be penniless and on the street. Neglect you health and you will allow disease in. Neglect your spirit and you will feel lost.

What you neglect will deteriorate and decay, or move away from your experience and this includes your family, friends and associates. If you want to live more life then focus on the good in everything, even your clapped-out car if you have one.

The universe responds to your wishes... even if you believe what you are getting isn't what you wished for, because you did. Let go of the past, and all the negative thoughts and emotions that have stemmed from that time, start living your life more now, and look forward to a wonderful future.

Helene Hadsell, has this to say:-

“Watch your thoughts as they become your words.”

“Watch your words as they become your actions.”

“Watch your actions as they become your habits.”

“Watch your habits as they become your character.”

“Watch your character as it becomes your destiny.”

Make achievement and creativity your goal, and abundance will flow. Help others to achieve and create, and the flow will intensify. Use your achievements and creations for the greater good of all and it will flow like a torrent.

Live More Life, be happy, be well and prosper.

Don

Acknowledgements

I wrote this book because I felt driven to do it. I don't know from where it came but it was intense and I thank God for the inspiration and the gift of this knowledge and dearly hope it will do for you what it has for me.

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To my associates at the VEPN (Victorian EFT Practitioners Network and fellow members of our monthly TAT group, thank you for your support. I very much appreciate the healing and the sharing of knowledge, friendship and assistance you all give so generously.

To Gary Craig, the founder of EFT.

I have never met, spoken or communicated with you directly but I consider you a friend and I'll be forever in your debt. Your generosity shows no bounds and your gift of EFT to the world is without equal. The Good generated by EFT is immeasurable and will continue for over a millennium. Bit by bit it will transform the world. Thank you for all you have done for me without even knowing it, and for all on Earth who are touched and healed by EFT.

PS. I have studied, become qualified in and/or experienced several energy therapies e.g. EFT, Matrix Reimprinting, TAT, FasterEFT, Reiki, and Kinesiology. From this I've come to the conclusion that there is no one modality that is "the be all and end all." Each of us has different needs and it's what is right for you that's important. That being said, I recommend all of the above. They are excellent treatments in the right hands, but if you want to help yourself, first learn EFT and use it as the base for your journey before you moving on to others.

The Living More Life Workbook

By DON MORTIMER

**TECHNIQUES AND TEACHINGS FOR
LIVING MORE LIFE**

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The Living More Life Workbook

More than anything else your limiting beliefs restrict you from living more life. They are the true restraints that anchor you to your present circumstances and they will never let you go or allow you freedom unless you rid yourself of their influence.

They have been put there by your by your parents, siblings, friends and teachers etc. and have become the writings on the walls of your mind. These writings have become your truth.

Although, many of the writing on your walls are worthwhile and help you through life, just as many, if not more stop you from being all you can be. Identifying those that restrict you from growth and eliminating them is the key to living more life. Positive changes begin to happen as you do. Once volatile relationships will become calm. Opportunities, once rare will un-expectantly surface. You will be healthier, more content and you will be happier. Your emotions will no longer rule your life, therefore allowing you to make decisions with confidence and without procrastination.

This is freedom in the true sense of the word; freedom to live the life you want to live; freedom to live without doubt, fear or guilt, and freedom to pursue your dreams and aspirations. This is the very reason the book is called Living More Life. It will change your life and allow you to live it with abundance.

Read the complete book. On your second read, begin to build your list of limiting beliefs from examples given in this workbook. Remember to be as specific as possible. You can do this by first writing down a global statement you believe about yourself e.g., “I’m not good enough” then dissecting it down to specific times or events that caused those beliefs to become your truths.

Try to remember events when you first felt those feelings. You can start on the most recent and work your way back, but you will find they most likely came from events/traumas in your early childhood. As you work your way back, the memories of those early days will become clearer.

Remember: Throughout this entire exercise and workbook, if at any time you access memories that are intensely stressful, stop and seek professional advice!

Create a file in your word processor, or set out an exercise book with the headings listed so you can compile your lists. Keep the file secure, it may contain personal information that is for your use only and is no one else's business.

Start your first list "The writings on the walls of my mind" by finishing the following negative sentences and include "sayings" from your parents and rate them from 0 to 10 in intensity and/or believability. Put the strongest first and work your way down. You could have multiples that begin the same. Put them all in.

1. I'm	12. I'm always
2. I hate	13. I always
3. I don't	14. I'll never
4. I can't	15. I don't have
5. I lack	16. My life is
6. I'm not	17. I'll never have enough
7. I'm too	18. I..... too much
8. I need	19. Money is
9. I won't	20. Money doesn't
10. I should	21. Etc. etc. etc.
11. I shouldn't	

Continue your list using the information on the following pages as a guide. Include all negative feelings, events, traumas and sensations either perceived or real that you experienced or believe you experienced, all through your life.

E.g. Birth and or pre-birth. Childhood experiences with parents, friends, family, siblings, and teachers. Puberty experiences, traumas, first romantic relationship or crush, first sexual experience, bad sexual experience. School pressure, peer pressure, bullying, teachers. Accidents, pain, fights. Grief from losing a pet, parent, friend, grandparent. Work pressure, bullying, helplessness, hopelessness. Money, finances, marriage, children, family, partner, arguments, regrets, and illness etc. etc.

Fear. What do you fear?

Fear is the driving negative emotion to all limiting beliefs. Its original purpose was to protect us from a threat to our life, but in modern society, it comes from every quarter. The news lives on it, the timid thrive on it and the aggressive feed on it. It is used to control us, to persuade us and to entertain us and is fast becoming the most destructive force in society.

It takes many forms and has many labels such as anger, anxiety, guilt, frustration and phobia. Even the doubts we have about our abilities are fear-based and they rule our lives. What fear are you giving strength to?

The more you focus on your fear, the more it grows and becomes reality. It is a self fulfilling prophecy and will continue to grow until you change your focus. It is telling you, by the feelings of fear that your life is under threat, yet you are not, and so the feelings grow until you take away the illusion of the threat. EFT will do this for you, usually quickly and without pain.

Use the book as a guide to write down your fears, and rate them in intensity from 0 to 10. What makes you anxious or fearful? What sayings from your childhood did you take onboard? What doubts do you have about yourself and where do they come from? What guilt are you carrying and how much are you hanging onto it? Who are you angry at or with and why? (Start with yourself.)

These negative emotions are your limiting beliefs, whether you believe they are justified or not and they will hamper you throughout your life. The more specific you can get, the better. Think hard as to what event, trauma or sayings from your other people originated them and the feeling of fear they lead to; once again they will be from your early childhood and will become clearer as you progress.

Our opinions of others

As we go through life, we meet many people and form opinions based on our perception of them. These perceptions can come from someone else's opinion, our prejudices, our needs at the time or our gut feelings. Some meetings blossom into lifetime friends and companionship, others drift apart and others end in bitterness. Relationships formed through love and respect can fall apart into hate and loathing. Feuds tear families apart and jealousy turns the amiable into the distasteful.

It is almost guaranteed that at any one time in your life you will experience friction with another person. It is part of life. But many hang on to these feelings of injustice in the futile belief that this will somehow punish the other person. This is a folly and will only ever do the purveyor harm.

List any people you have negative feelings about and the level of intensity from 0 to 10 you have about them. List the type of bitterness e.g. hate, loathing, anger, disgust. When we work on these issues it matters little what the type of emotion it is but the more specific you are the quicker EFT works.

Stress

What's stressing you out?

We all will have stress in our life in one form or another. It can be from euphoria such as a wedding etc. It could be financial stress, work demands, social pressure or grief. It comes into our life from every direction and without it life would be pretty boring. How much you allow stress to overwhelm you is dependent on the tools and examples you learnt as a child and this is why some people handle it well, while others fall apart.

Write down anything that is causing you stress and tap into the feelings you have when you think of it. It could be pain or pressure in the chest, head, back, shoulders etc. or a squirmy feeling in the stomach or whatever. Rate them from 0 to 10 in intensity. The pain (feelings) may be constant and something you have learned to live with or a diagnosis from your GP. Write them all down. Often long term ailments are the result of long term unresolved negative emotional issues.

Pain

When we are in pain, of course we are distressed by it. However, we also compensate for the discomfort and this causes stress on the injury and on other parts of the body. When you use EFT the “push-pull” of the muscles is relaxed and pain diminishes. Often there is an emotional connection to pain, eg., its inconvenience or its ramifications and such concerns too contribute to the level of pain and the length of recovery.

Relaxing the muscles with EFT, then finding any emotional connections, can greatly enhance recovery times and/or eliminate the pain altogether. List any pain you are experiencing and its level of intensity from 0 to 10. If there is any obvious emotional connection list it and its intensity as well. At first you may not find any emotional connection to your pain, but as you work on it with EFT, one or more may surface.

When you get to the stage of working on pain issues with EFT (we will cover that later in the workbook) *take note of any emotions and or any “shift” in the pain.* If a pain shifts in intensity or position on the body, this indicates there are emotional issues that need addressing.

Keep working on the pain as it shifts and note any emotions or memories that surface and rate them from 0 to 10. ***Do not try and brave it! If at any time you access memories that are intensely stressful, stop and seek professional advice!***

Performance

We are judged every day on our performance. Whether it's doing the housework or stitching up a multimillion dollars deal. Either someone else or we will pass judgment on what they or we perceive as being the result of a person's performance. Visit someone's house and you will make a judgment on what you see when you get there. Is it's clean and tidy or is it a shambles? What judgment will you make on their performance as a person from what you see?

We all do it every day. We judge people on their performance in the way they dress, talk, work, the results they achieve, the food they cook, even the way they smell. We also judge ourselves on our own performance and often we are more ruthless and harder on ourselves than anyone else.

How judgmental are you being on your own performance? Whether its sport, in a relationship or in the bedroom etc. etc. Do you believe you have underachieved? Or are you letting the opinions or criticisms of others affect you and bring you down?

EFT has been shown to be very affective in eliminating the negative beliefs we have about our performance in all areas of life, our work, rest and play. From improving a golf handicap to public speaking; it eliminates the "fear" of underachieving. A common comment about any sports is "It's 80% mental and 20% ability." This is true for all things we do, i.e. most failure is in the mind.

List any issues you have about your performance in every area of your life. Think of times you say or think "If only." This is a limiting belief and it will restrict you far more than any other factor. Also, list any judgments you hold about any other person's performance. Are they picking on you? Do you see them as being inferior to you in any way? Just like the judgments we make about ourselves, the judgments we make about other people are mostly perceived and without foundation.

Same as before be as specific as possible and rate each issue from 1 to 10 in intensity or believability.

Now we get to the exciting part!

Go back over the pages above and note how many items are on your list. There should be between 50 and 100. All these items are your limiting beliefs. They restrict you from being all you can be and they will hamper throughout your life. They are the writings on the walls of your mind and they will stay there and influence your life at every turn unless they are removed.

If you have written down positive beliefs then leave them be, but you will find most of them to be a negative perception of what is real. However, they are only real to you because you have given them the energy to exist. EFT releases the energy that creates them in your reality. It defuses the energy that you created and by doing so, the energy that has created your limiting belief disperses into the universe, often forever. (They will only return if you have not addressed all aspects of the negative emotion.)

This is liberating stuff!

This is why, if you do the work, Living More Life will do more for you than any other self help book on the market. It changes you physically and emotionally into a more productive and happy person by releasing you from the bonds that hold you back.

Study The EFTfree Manual available as a PDF download at www.livingmorelife.com. Begin by practicing on minor issues or pain. As you gain confidence, begin to work on your list with EFT as instructed in the manual. Start at the most intense until the level of intensity gets down to zero before moving on to the next.

If you get stuck on a number greater than zero or the intensity doesn't move or in fact increases, this indicates there are other aspects of the issue that need to be addressed or you are being too global. Get more specific as explained in the book and the manual. There is an art to the delivery of EFT and it takes practice, but with persistence, you will see results.

As you work through the list you will notice, even though you haven't as yet worked on them, the intensity for some issues will decrease. This is normal. All you do is check to make sure they are zero and move on to the next.

Something else you will notice. You may look back at an issue you have worked on and feel it was never an issue in the first place. Once again, this is normal and goes to show just how much of what we preserve as real, really is.

Tap into the “feelings” you have about any issue and the physical reactions to it. If you get a physical reaction, e.g., tightness in the chest etc., work on them first before moving into the emotional aspects. By doing this you allow, the healing to be less intense and a more gentle experience. We want this to be as painless as possible, although there may be a few tears. I can assure you, no-one has had an adverse reaction to EFT and as long as you follow the advice in the manual, you may only experience a little discomfort.

Remember: Throughout this entire exercise and workbook, if at any time you access memories that are intensely stressful, stop and seek professional advice!

Put aside some time every day to work on your list. Complete a few at a time until they are done. It is doubtful you will manage to get all of them to zero and some may increase as time goes by, so keep working on them until you get resolution. This is an ongoing exercise, but once you have got the majority down you will find that negative emotions will not permeate into your life anywhere near as much as before.

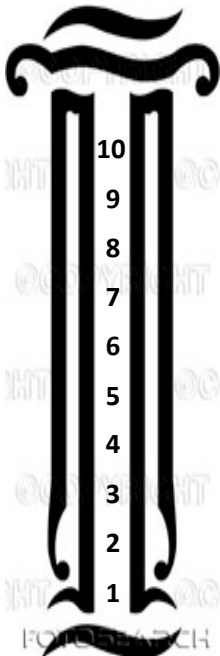
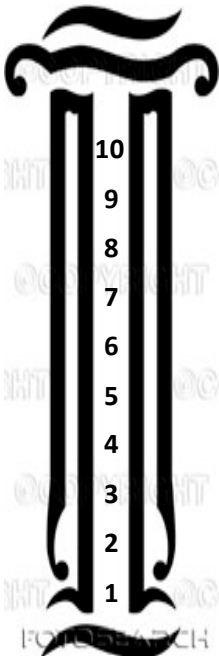
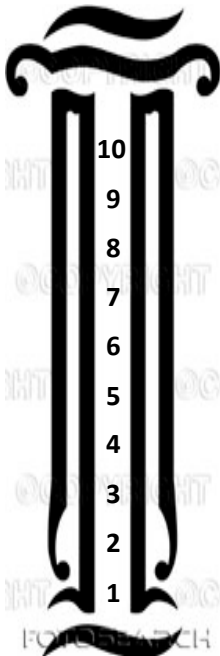
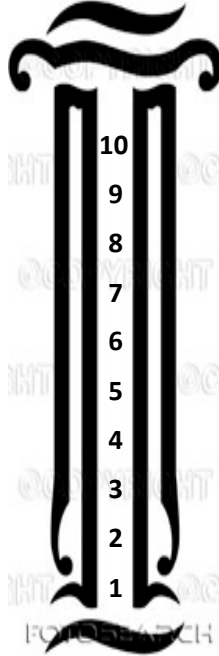
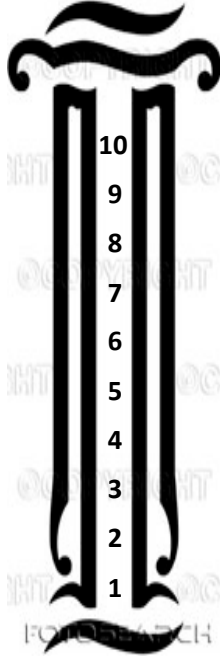
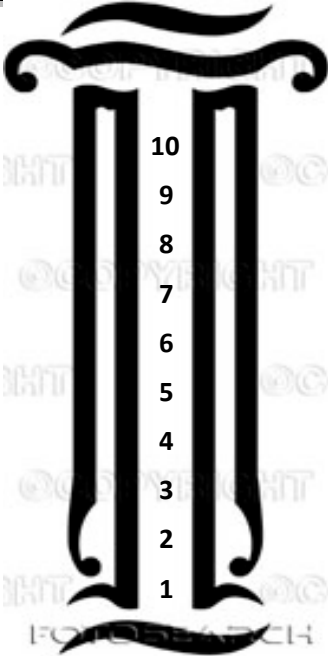
If you have completed your list much of your life will have changed now. Notice how much happier you are. Yes, you still have wants and get upset now and then, but by and large you are a different person in many ways. If you find there are core issues you couldn't resolve or feelings that there is still something you have missed but don't know what, then seek out a qualified EFT Practitioner to help you. And because you are now experienced in EFT and have done this exercise you will benefit greatly by working with a professional. It will greatly reduce the time of treatment and increase the likelihood of complete success.

You've come a long way. Now it gets better!

The Pillars to Prosperity

There are six pillars to prosperity

Rate yourself from 1 to 10 for each pillar with 1 being almost no contentment and/or stability and 10 being the highest level of contentment and/or stability.

Financial	Relational	Mental	Physical	Spiritual
				
Emotional				
				

Where you rate yourself for each pillar will give you an indication where you need to focus your attention. The lower the rating the more time and effort you need to spend in raising it. It is important for you to know that life never stays in balance for any length of time, so we are not seeking permanent balance. The trials and tribulations of our everyday life cause fluctuations up or down, therefore your pillars will follow suit. The key is to have them all at a high level and in harmony with one another like rolling ocean wave, altering their level as we move through life.

We will look at each pillar and give instructions on how you can use EFT to raise its rating.

1. **Emotional Pillar.** This is the central pillar upon which all your other pillars stand. Your emotional state of mind and your opinion of yourself affect all your pillars and it is essential you address any negative beliefs you have about yourself before you can improve the rest of your life. Focus on where these beliefs may have come from, especially in your early childhood, and list any sayings or remarks from your parents etc. that would have written these beliefs onto the walls of your mind. Using the book as a guide, list any beliefs you have about your emotional state and rate them from 0 to 10 and work on each of them with EFT until they reach zero.

2. **Financial Pillar.** Money is an illusion and the sooner you realize that the sooner you will improve your financial state. And you need to get specific about what financial state you want to be in. What do you want? How much wealth do you want to have? Most people “under value” themselves, they feel guilty if they ask for too much. They have a belief that if they ask for too much the universe or God will consider them unworthy or greedy. So, they limit their desire and the universe delivers exactly what they are asking for, a limited supply of wealth.

There is no limit on the abundance available to us, it is immeasurable and limitation is purely a perception and exists only in our mind. There are no limits upon you or on the level of wealth you can achieve. Do not listen to naysayers or those that think you insane, they have been conditioned to believe in limitation and they will receive exactly what they believe, just as you will. So Think Big!

List all the limiting beliefs you have about money, wealth and abundance. Focus on where theses beliefs may have come from, especially in your early childhood. Follow the procedure for creating your list as explained above.

3. **Relational Pillar.** What limiting beliefs have you formed about yourself that is stopping you from experiencing happy and loving relationships? Most people believe they are the victim of someone else's behavior without realizing that they have contributed to the relationship breakdown by the beliefs they hold of themselves and or the other party. They will become to you what you believe about them, and they will react to what you believe about yourself and vice-versa.

Bullies focus on victims and find them because victims focus on being bullied. Do you get it? You get what you focus on. Therefore by changing your opinion (your focus) towards another person, that person will change their opinion of you. Believe you are worthy of a loving and caring companion and you will find one. Think of the good in everyone and they will find the good in you. You control the relationships in your life. I'm sure people will give example after example of innocent victims being exploited in relationships, but once you are able to reason for yourself, it is you that either accepts it or not. The point is that the nonverbal message they send out is "I am vulnerable," and this is what bullies pick up on. The fear of victimization brings it on.

It is in the book twice and it's worth repeating again here. Until the lonely and resentful understands that it is they that control their destiny, love and respect will continue to elude them.

"You allow, have allowed or have not allowed your life partner to manifest into your experience and if you are unhappy with your partner or you have not yet found your life partner, then ask yourself, what self-talk you are giving your attention to in order for that person to come or not come into your experience."

List all the limiting beliefs you have about relationships you are in, or want to be in. Focus on where these beliefs may have come from, especially in your early childhood, and follow the list building procedures above.

4. **Mental Pillar.** One of the biggest stoppers to success in life is the belief “I don’t know enough.” Some people believe this to the extent they spend years upon years making the excuse that they need to know more before they can “do” anything. Some become professional students. Universities around the country are full of them.

People who have dreams of a career will jeopardize their every move into realizing it because of this belief, and they will never succeed it as long as they continue to hold onto it. It becomes a self fulfilling prophecy and the sadness is, it is so unnecessary.

List all the limiting beliefs you have about your ability to learn, or the lack of knowledge you believe is stopping you from realizing your dream life and follow the list building procedures as explain above.

5. Physical Pillar. Other factors may be relevant, but generally you are as healthy as you accept yourself as being. Many people dream of being healthier yet do little or nothing at all about changing their condition. Others will go on a binge of diet and exercise only to fall back into their old habits and replace all the weight they have lost, and some.

Many people spend their whole life moaning and groaning about their plight but do little to change it and still others bask in the glory of being sick. They love the special attention it gives them.

Stress is the “in word” used to describe any feeling of anxiety and many invite it into their life with gay abandon (carefree). They live with the false belief that it is someone else’s fault they are getting all this worry, never considering for a second that they are attracting it.

Sickness and worry are passed down from generation to generation, yet it has been proven that few people get sick through their genes. *It is the belief that they will get sick from their genes that gets them sick!* (If you want to follow up on this, Google “Bruce Lipton”) The writings on the walls of your mind and the tools given to you by your parents will determine to a large extent how healthy you are today.

What have you taken on board from your parents and your upbringing? What examples of living a healthy life were you given? List all the limiting beliefs you have about your ability to live a healthy life and having the body you desire. Remember to focus on where theses beliefs may have come from, and follow the same list building procedures as explained above.

6. **Spiritual Pillar.** I have left this pillar to last for a very good reason. As you eliminate your limiting beliefs, you become more and more in tune with your body and your mind. You begin to see things from a different perspective and you begin to really see the wonder of life and the universe we live in, and as you do, you grow spiritually. Still, there are barriers written on the walls of your mind that stop you from seeing more of it.

As human beings we have many flaws, and to see it all would be impossible but it will be revealed to you more and more as you grow. You become more “aware” and as a result you are humbled by the magnificence of life and all that it offers you. But you have to let go of prejudices and indoctrination. This doesn’t mean not to follow your faith, it means you have to let go of the beliefs that restrict you from seeing the universe as it really is.

List all the limiting beliefs you have about your ability to grow spiritually. What prejudices and indoctrinations from your upbringing have become your truths? These beliefs can have a very powerful effect on you, and letting go can be difficult. We are not here to live a life of hardship and discipline, or a life of poverty and submission. We are here to create learn and grow, and only by having an open mind can we fully accomplish that endeavor.

Congratulations if you have got to this point and completed all the exercises. You are now Living More Life and you will be feeling and experiencing the difference it is making for you. Remember though it doesn't end here, just as life is ongoing you never stop working on making your life better. You never stop growing as a person and you never stop wanting more, so broaden your horizons and seek out ways of making your life as you want it to be, or even better. Think big, you may never reach your full potential but you can have a great time getting there. This is what Living More Life is, experiencing your unfolding as a person and feeling the joy of it all.

If you haven't started yet, or are in the midst of the exercises, don't get overwhelmed or believe "it all looks too hard." Look forward to the journey. This is a ride down the river of life and when it ends you are dead, so you don't want to get there in a hurry! Enjoy the journey and savor the changes and feelings of relief you are, or will experience.

Review your list when it is completed. This is a time when you wonder, "how could have I once thought that way?" You will see how much you have grown and how much your beliefs have changed. You will see for yourself how much your limiting beliefs had once influenced your life, and you will see there is no limit on you, other than the ones you place upon yourself.

I have included in Living More Life access to "The Science of Getting Rich" and "The Silva Method Meditation Program." These programs will broaden your horizons and take you to another level so you can continue your journey. I highly recommend both as they will help you enormously. As I have said many times, living more life is ongoing and these programs and others like them will allow you to continue to live it.

Be happy, be well and prosper.

Don

PS. Most of this book is about addressing the negative aspects of life and by doing this you will be transformed into a far more positive person. You can give your positive transformation a massive boost by giving praise to everything in your life, including yourself. Praise yourself and everything about you that is good. Praise your family, your friends, your pet and your planet. Praise the sun the moon and the stars and give praise to the creator of all that is, Praise God. This truly is a beautiful world and glorious universe and by giving praise it will respond by giving you the abundant life.